

# MUSCLE & FITNESS AUSTRALIAN

YOUR COMPLETE 2016  
STARTER'S GUIDE

## THE BEST WORKOUTS

STARRING HUGH JACKMAN,  
BRUCE LEE, ARNOLD,  
MUHAMMAD ALI & MORE!

EXPERT TIPS TO  
STAY ON  
TRACK  
ALL YEAR LONG

BEST ANTIOXIDANTS  
FOR HARD TRAINERS

EAT SMARTER  
For Bigger Gains  
COMEBACK KING  
Watene Waenga

SMASH IT LIKE A  
CROSSFIT  
MASTER

SPICE  
UP YOUR  
SUPPS

FEBRUARY 2016 ISS. 336  
\$9.00 (inc. GST), NZ \$11.50 (inc. GST)





I've dedicated myself on my comeback to be better physically and mentally than my opponents. Striving each day to transform myself to be bigger, stronger, faster and with one purpose: To get back "The Belt." Complete Harder with TeamGAT.

**JON "BONES" JONES**  
Light Heavyweight MMA Fighter  
TeamGAT Athlete

*Jonathan P. J.*



Pre-workout



Intra-workout



Thermogenic



THE OTHER SIDE

**Comebacks are never guaranteed.  
It's time to increase my odds.**

WARNING: This product is not intended for use by pregnant women, nursing mothers, or children. It is not intended for use by individuals with pre-existing medical conditions or those taking medication. Consult your physician before use. Iron Chest Supplements is not responsible for any adverse effects or injuries resulting from the use of this product. Iron Chest Supplements is a registered trademark of Iron Chest Supplements. All rights reserved.

**GAT**  
#COMPETE HARDER

f t g+ You+ TeamGAT.com

"I stand firmly behind our unconditional 30-day money-back guarantee on all our products. Stay strong!"

*Charles Moore*  
Charles Moore  
President & CEO



asn.com.au



aussiesupplements.com.au



ironchestsupplements.com.au



supplementwarfare.com.au



# MAKE TODAY COUNT



Protein	Carbs	Fats
40g	40g	4g

## ETERNAL MASS

Eternal Mass is formulated for muscle gainers containing a staged protein profile of Whey Protein Isolate (WPI), Whey Protein Concentrate (WPC), Calcium Caseinate and Soy Protein Isolate for maximum goals.





# MAKE TODAY COUNT



Protein	Carbs	Fats
26g	>1g	>1g

## 100% WPI

Provides ultra-filtered, highest quality, Whey Protein Isolate with very low carbs and fat values to minimise calories, for lean muscle building benefits. Power loaded with benefits.



## FEATURES

**46 HUGH JACKMAN: SHRED LIKE THE WOLF**

How to keep one of the best physiques in show business.

**52 BRUCE LEE: FIGHT LIKE A DRAGON**

Channel your own inner kung-fu mega-star.

**60 ARNOLD'S BODY OF WORK: AN OLYMPIAN'S WORKOUTS**

Conquering Hollywood and all realms.

**68 MUHAMMED ALI: HOW TO BE THE GREATEST**

Famous in the ring and infamous around the world.

**76 STARTER'S GUIDE 2016**

Start working towards the body you've always wanted with this six-week program.

**88 NEW YEAR'S RESOLUTE**

Stay on track with 2016 goals.

**92 JUST STOP IT!**

24 training and nutrition mistakes to stop making.

**100 ANTIOXIDANTS AND EXERCISE**

Nutritionist Mark Gilbert on what to take and when.

## SECTIONS

**12 EDGE**

UFC's Anthony Pettis, yoga for performance, healthy skin tips.

**26 TRAIN**

Master the Bulgarian split squat, tweak your tris and beat cramps.

**38 EAT**

Talking turkey, quitting sugar and kicking arse with kale.

**108 SUPPS**

Get a boost with turmeric, plus maximise your growth window.



**PAGE 52**

### **Bruce Lee:**

Channel your own inner kung-fu mega-star



BRUCE LEE PHOTOGRAPH COURTESY OF CAT'S COLLECTION/CORBIS.





**HIGH IN PROTEIN  
FROM 3 QUALITY  
SOURCES:**

- WHEY PROTEIN
- MICELLAR CASEIN
- EGG WHITE PROTEIN



**THE REAL BREAKFAST  
OF CHAMPIONS!**

**SCITEC PROTEIN + PANCAKES  
= MATCH MADE IN HEAVEN!**

DISTRIBUTED BY  
**FLUSH  
FITNESS**  
[www.flushfitness.com.au](http://www.flushfitness.com.au)

Use product in conjunction with a sensible training and nutrition program!

**SCITEC NUTRITION®**  
[WWW.FLUSHFITNESS.COM.AU](http://WWW.FLUSHFITNESS.COM.AU)



# Hard gains

## IF YOU'RE AN ECTOMORPH AND YOU THINK

making key changes in your workout – like doing more compound movements and using heavier weights for fewer reps – is going to solve your problem, you're only half right. (For our purposes, an ectomorph is a hard-gainer with a fast metabolism who has difficulty putting on size and weight.) You can't neglect the importance of dietary habits, recuperation and lifestyle factors.

If you take bodybuilding seriously, I know you're taking yourself to the limit in the gym. Remember, though, that the physiological processes that promote growth are initiated during your workouts, growth actually occurs while your body is at rest. If you take a closer look, perhaps these factors are what's limiting your development. These

important points can help you optimise your muscle size:

- 1) If you have trouble putting on weight, you need to increase your food intake by about 300-500 calories daily.
- 2) Try to get 30-40 grams of protein with each meal. tissue.
- 3) Don't be afraid of fats – healthy fats. They should comprise about 25 percent of your daily calories.
- 4) Make sure you eat a high-protein, high-carb meal within 30 minutes after your workout, and consume another high-protein snack an hour before your bedtime.
- 5) Recuperation is an often-overlooked factor. Schedule a greater number of rest days – as many as 3-4 a week. Get as much sleep as your body needs.

- 6) Don't train if you're tired or sore from your last workout.
- 7) If you participate in another sport or energy-draining activity, pay extra attention to nutritional and recovery factors.
- 8) Working your cardiorespiratory system is a smart idea for all bodybuilders (it'll help you achieve superior muscle definition), but use a lower intensity level and work out no more than 20-30 minutes 3-4 days a week.
- 9) Keep stress levels low. Stress-induced high cortisol levels can be detrimental to muscle-building.

Take these into consideration and you'll soon start to break out of your ectomorph shell.

*Yours in iron,*



**Arnold Schwarzenegger**

ZELLER

# MUSCLE & FITNESS

**Executive Editor** Arnold Schwarzenegger

**Editor in Chief** Shawn Perine

**EVP/Group Publishing Director** Chris Scardino

**Managing Editor** Brian Good

**Group Training Director** Sean Hyson

**Group Creative Director** Andy Turnbull

**Senior Editor** Joe Wuebben

## PUBLISHER

Ian Brooks

## EDITORIAL

**Editor** Gary Phillips; gary@paragonmedia.com.au

**Chief Sub Editor** Alison Turner

## ART

**Art Director** Lee McLachlan

## SUBSCRIPTIONS

**Subscriptions Manager** Julie Hughes  
(02) 9439 1955; subs@paragonmedia.com.au

## ADVERTISING

**Advertising Representative** Sonja Halstead  
sonja@paragonmedia.com.au; 0411 515 871

## ADVISORY BOARD

**Rich Froning** The reigning and four-time CrossFit Games champ

**Greg Glassman** Co-founder of CrossFit, the world's fastest growing fitness movement

**Jim Manion** Chairman of the IFBB pro league and president of the US National Physique Committee

**Nick Mitchell** One of Britain's leading personal trainers and owner of upfitness.com

**Mike O'Hearn** Former TV Gladiator who has titles in bodybuilding, powerlifting and judo

**David Sandler** One of the world's leading strength and conditioning coaches

**Tim Ziegenfuss** Sports nutrition and exercise scientist who is chief executive of the Center for Applied Health Sciences

## PARAGON MEDIA PTY LIMITED

ABN 49 097 087 860

Level 2, 174 Willoughby Road, Crows Nest, NSW 2065

PO Box 81, St Leonards, NSW 1590

Tel: (02) 9439 1955 Fax: (02) 9439 1777

[www.muscle-fitness.com.au](http://www.muscle-fitness.com.au)

*Muscle & Fitness* is published 12 times a year. Printed by Offset Alpine. Australian distribution by Network Services. Tel: 1300 131 169. New Zealand distribution by Gordon & Gotch Tel: 02 9625 3000. Copyright © 2016 Paragon Media Pty Limited and Weider Publications, LLC. *Muscle & Fitness* is published under licence from Weider Publications, LLC. All rights reserved. Reprinted with permission. No part of this publication may be reproduced, translated or converted into machine-readable form or language without the written consent of the publisher. *Muscle & Fitness* is a trademark of Weider Publications, LLC and is used under licence from Weider Publications, LLC and may not be used or reproduced without permission from Weider Publications, LLC. Articles express the opinions of the authors and are not necessarily those of the Publisher, Editor or Paragon Media Pty Limited.

## WEIDER PUBLICATIONS, LLC

A SUBSIDIARY OF AMERICAN MEDIA, INC.

**Chairman, President & Chief Executive Officer** David Pecker

**Executive Vice President/Chief Marketing Officer** Kevin Hyson

**Executive Vice President, Consumer Marketing** David W. Leckey

**Executive Vice President/Chief Financial Officer, Treasurer** Chris Polimeni

**President/CEO, Distribution Services Inc** John D. Swider

**Executive Vice President/Chief Digital Officer** Joseph M. Bilman

**Executive Vice President, Digital Media Operations/CIO** David Thompson

**General Manager, AMI International & Syndication** Laurence A. Bornstein

**Director, International Licensing Branding** Marianna Gapanovich

**Director, Rights & Permissions** Fiona Maynard

**Syndication Manager** Maribel Dato

**Production Assistant** Paul Miller

**Founding Chairman** Joe Weider (1919-2013)

**Founding IFBB Chairman** Ben Weider (1923-2008)



Both the paper manufacturer and our printer meet the international standard ISO 14001 for environmental management. The paper comes from sources certified under the Programme for Endorsement of Forest Certification scheme (PEFC™). Please recycle this magazine – or give it to a mate.



# SCITEC<sup>®</sup> NUTRITION

Flavors:

- raspberry & blueberry
- mango & passion fruit
- pineapple & coconut  
(coming soon)

26g protein  
per serving

SCITEC  
NUTRITION  
**PROTEIN  
SMOOTHIE**  
pineapple & coconut flavor

With added fruit juices!

**26g** PROTEIN  
PER SERVING

Low fat!

SCITEC  
NUTRITION  
**PROTEIN  
SMOOTHIE**  
raspberry & blueberry flavor

With added fruit juices!

**26g** PROTEIN  
PER SERVING

SCITEC  
NUTRITION  
**PROTEIN  
SMOOTHIE**  
mango & passion fruit flavor

With added fruit juices!

**26g** PROTEIN  
PER SERVING

With added  
fruit juices

## SHAKE, TWIST, DRINK!

USE PRODUCT IN CONJUNCTION WITH A SENSIBLE TRAINING AND NUTRITION PROGRAM!

[WWW.FLUSHFITNESS.COM.AU](http://WWW.FLUSHFITNESS.COM.AU)

DISTRIBUTED BY  
**FLUSH  
FITNESS**  
[www.flushfitness.com.au](http://www.flushfitness.com.au)



# HOT LIST

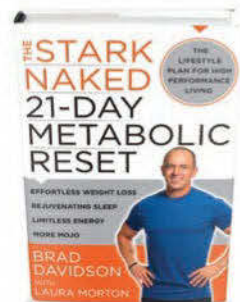
WHAT YOU NEED TO KNOW THIS MONTH



**BELIEVE... AGAIN**

## THE X-FILES

This six-part revival of the classic series isn't a reboot but a new story with David Duchovny and Gillian Anderson reprising their old roles as Mulder and Scully. The truth is still out there – sign us up. **Premieres on January 24 on Syfy.**



**READ**

## THE STARK NAKED 21-DAY METABOLIC RESET

Author Brad Davidson, trainer to more than 400 Olympic athletes, details the three-week plan he used to reset his body. Even the fittest guys can feel broken down and overworked, but in three weeks, you can start to feel like a new man. **amazon.com**



**WATCH**

## ZOOLANDER 2

The world's dumbest supermodels are back. Derek and Hansel are recruited by Interpol to infiltrate the world of high fashion after a string of mysterious (and beautiful) murders. Bring on the Blue Steel. **Released February 11.**

**HEALTH**

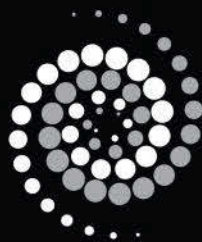
## STRIP!

Men who wear boxers during the day and sleep naked at night have a 25 percent lower risk of DNA fragmentation in their sperm compared with those who wore tight underwear during the day and night.



FRANK OCKENFELS/FOX; HARPER COLLINS; ANTONIO M. ROSARIO/GETTY IMAGES; PETER ZERAY/GETTY IMAGES





# PEPTIDESDIRECT

REACH GOALS FASTER

AUSTRALIA

**Australian quality Peptides prescribed by Australian Doctors.**



Muscle / Injury Recovery  
Weight Loss  
Lean Muscle Building  
Energy & Vitality  
Anti Ageing



Visit us online or call to speak with a customer service representative about your specific requirements.

When ordering, enter this promotional code **M&F310316** for FREE SHIPPING\*

\* Expiry 31st March 2016

1300 100 460 | [admin@peptidesdirect.com.au](mailto:admin@peptidesdirect.com.au) | [www.peptidesdirect.com.au](http://www.peptidesdirect.com.au) 



# EDGE

NEWS / INTERVIEWS / SPORTS / GEAR

## It's showtime

UFC superstar **ANTHONY PETTIS** inspires fans  
in and out of the Octagon. **BY JIM SCHMALTZ**



JOSH HEDGES/ZUFFA LLC/GETTY IMAGES

**THE ROAD TO** the UFC is challenging for every athlete who competes in the Octagon, but former UFC lightweight champ Anthony Pettis had the odds stacked against him from an early age. In 2003, when Pettis was 15 years old, his father Eugene was murdered by a robber only a block from his house. Although the one-two combo of grief and rage could have led Pettis down the wrong path, he refused to allow the tragedy to define him and his family. Even now, more than a decade since the incident, his father's memory continues to fuel his single-minded dedication to become the best fighter possible.

Born of Puerto Rican and Mexican descent, Pettis is a family-first athlete who has laid a strong foundation in his hometown of Milwaukee in the US mid-western state of Wisconsin, attracting a wide circle of admirers that reaches to the top executive in the state. In 2013 – the same year he defeated Benson Henderson to earn the UFC lightweight title – Pettis was awarded a certificate of achievement by Wisconsin Governor Scott Walker. “Being able to sit in that office and get that recognition, it was amazing,” he says. “You don’t expect that to happen when you started training and fighting for fun, but then it turns into this thing that becomes inspiring for other people.”

Overcoming adversity and giving back to your community – these are character traits that strike a chord with Pettis’ no-nonsense community. He takes his status as local icon seriously. “I get recognised a lot, and people are inspired by my story,” he says. “They look at me for hope.”

And Pettis continues to deliver for those who look up to him: in 2015 he became the first MMA athlete to grace the box of the iconic US cereal Wheaties, a sign that the 28-year-old and current No. 1 contender had reached new heights within his profession.



“I was at the store the other day with my daughter, and we were in the cereal aisle when she says, ‘Daddy, that’s you,’” recalls Pettis. “Then she asks, ‘What is Wheaties?’ I know that being on Wheaties isn’t as big as it was years ago, but it’s still an amazing feeling. Michael Jordan, Muhammad Ali and a who’s who

**PETTIS  
REFUSED TO  
LET EARLY  
TRAGEDY  
DEFINE HIM.**



of athletes have been on it. It's one of the things that I can look back on when my career's over and say, 'Yeah, I did that.'"

Pettis, a third-degree black belt in taekwondo, is a versatile fighter with a solid ground and stand-up game. But it's the 177cm, 68 kilo fighter's electrifying, unpredictable fighting style that's helped him garner a global fan base and the nickname "Showtime". Most fighters might shy away from a moniker that adds the pressure of delivering an entertaining display to the task of winning in a sport in which one slip-up can cost you months of preparation, but Pettis embraces the challenge. "I love the nickname," he says. "I think it fits

me and my fighting style."

The man who came up with the name was Pettis' coach, Duke Roufus, who witnessed his fighter battle through a dislocated shoulder and other injuries to deliver a head-kick knockout in a fight early in his career. "At first it was, like, a joke, but then it started sticking, and now it's become a part of my life," he says.

At the time of writing, Pettis' next fight was scheduled to take place at UFC Fight Night 81 on January 17, when he'll face Eddie Alvarez in a bout he hopes will move him closer to earning back the title that he lost to Rafael dos Anjos last March. And in case you haven't figured it out - Showtime really wants his belt back.

## PETTIS' HIGH-INTENSITY WORKOUT: THE HURRICANE

► **THE HURRICANE** is a sprint workout that gets your heart rate to max capacity before you transition to a body-weight workout. The idea is to begin with a sprint, then do difficult loaded and body-weight moves after you've got your heart rate up. It mimics a fight in that you can begin with a high-endurance stand-up, then end up grappling on the ground after running around the cage. You have to be ready for close combat even after you're gassed from a stand-up flurry. As you can see, the Hurricane allows for a lot of substitution and variation, depending on what kind of fight you expect or how badly you need to work on your endurance.

### HOW TO DO IT

- 1: One minute on treadmill (no incline, moderate pace)
- 2: Nine minutes on treadmill (incline at fast pace, like a sprint)
- 3: Body-weight routine (ie, Turkish get-ups) to fatigue
- 4: One minute on treadmill (no incline, moderate pace)
- 5: Body-weight routine (ie, push-ups) to fatigue
- 6: One minute on treadmill (no incline, moderate pace)
- 7: Body-weight routine (ie, sit-out MMA drill or Turkish get-ups)

### ► SHOWTIME TIP #1

A training activity must be at least equal in length to the event you're training for. "If I'm prepping for a 25-minute fight, this is what we'll use," Pettis says.

### ► SHOWTIME TIP #2

A fighter's prep must focus on technique. "You can't just do cardio and prepare for a fight," Pettis says. "The only way you can get ready to do grappling, wrestling and striking is by doing it."

### THE STATS

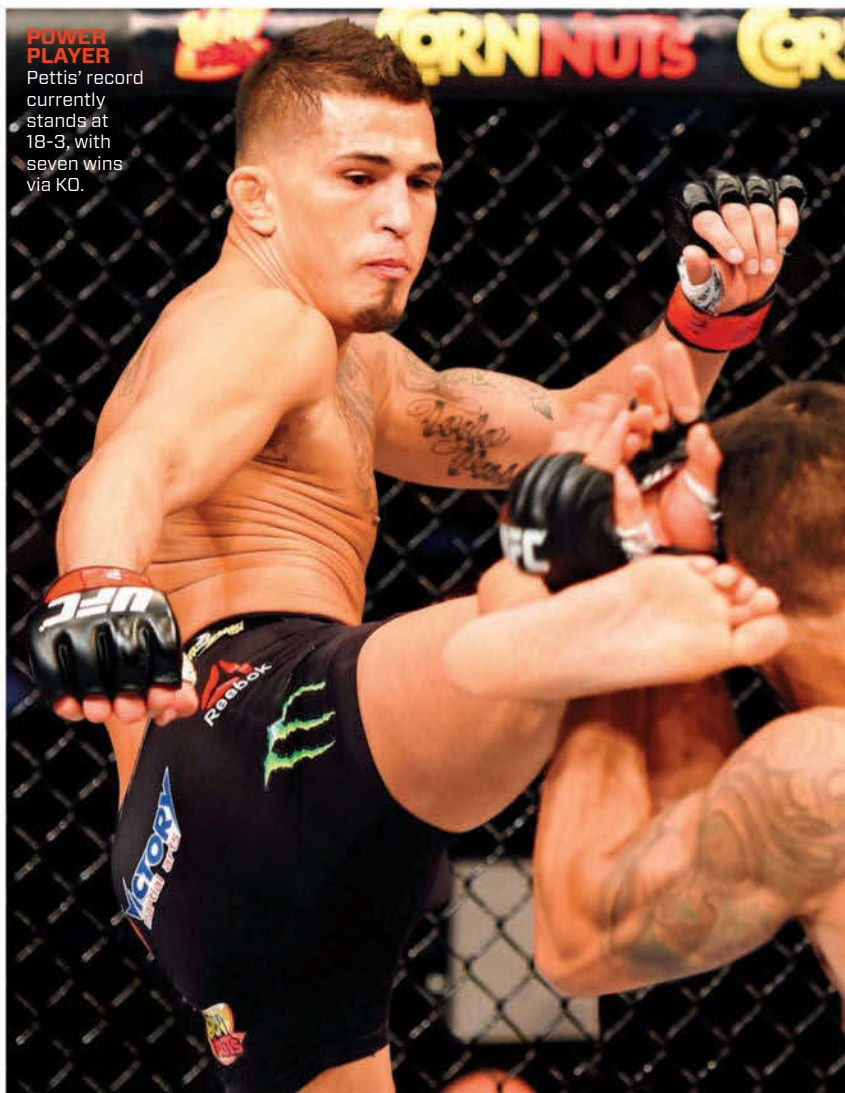
AGE	HEIGHT	WEIGHT
28	177cm	68kg

**RESIDENCE**  
Wisconsin, US

**TWITTER**  
[@Showtimepettis](https://twitter.com/Showtimepettis)

### POWER PLAYER

Pettis' record currently stands at 18-3, with seven wins via KO.





# TANITA®

Global Leader in Body Composition Monitors

## BREAK THROUGH TO THE NEXT LEVEL

Tanita is proven by Health Professional's world wide to be **the most accurate body assessment brand on the market**. Fine-tune your training program, exceed your health and fitness goals, accurately track your progress, increase your performance and see how your training transforms each part of your body with the **Tanita BC-545N** segmental body composition monitor!



Body Fat



Hydration



Muscle Mass



Bone Mass



Visceral Fat



Metabolic Age



Weight



Physique Rating



For more information visit [www.tanitaaustralia.com](http://www.tanitaaustralia.com) or scan here



Tanita.Australia



@tanita\_aus



@tanita\_aus





# Surface pro

Skin therapist **Ingrid Seaburn** knows that if you want good skin, you need to look after your whole body, inside and out. She gives us the skinny on what she knows – and what you should know.

## **How important is exercise to you in your daily life?**

Exercise is very important in my daily life. Staying fit gives me the energy I need to get through a very hectic day of multi-tasking as a single working mum trying to juggle everything. It also helps to boost endorphins to in order for me to feel happy and have a clear mind to get through my day. I find if I don't exercise I just don't feel good.

## **What exercise do you do?**

Over the years I've really learned what works for my body. I like to vary my workouts but I do tend to stick with a few runs a week, no further than 5 or 6km at a time. Nothing beats it for cardio fitness as well as weight loss.

Strength training for me involves light weights to lengthen and strengthen muscle mass – usually focusing on arms to get that great lean muscle definition. I have a dance background, and when I was living in LA I discovered Cardio Barre, which was the perfect combination of ballet, strength and cardio. I loved it! Now in Australia I love Xtend Barre, which is similar but more Pilates-based. My new favourite exercise DVD when I'm at home is the *Tracy Anderson Method*. Tracy is famous for training women like Madonna, Gwyneth Paltrow and the Kardashians. I love it – it shapes my stomach like nothing else!

## **Favourite form of exercise?**

I would have to say plain old jogging. Nothing beats the satisfaction of finishing a run! I'm not as fanatical these days about distance but to vary the course with hills and stairs keeps it challenging and works my butt! I recently moved back to the Bondi and I love doing the Bondi to Bronte run. The views, the ocean – it's just bliss.

## **Least favourite form of exercise?**

I know millions would disagree but I am not a yoga fan. I don't have the patience. I find that it takes too much time. And "being present"? I don't want to be present when I work out – I want to escape!

## **Is exercise a key part of healthy skin?**

Exercise is a huge part of maintaining healthy skin. Your skin is the largest organ in your body. When you're tired, stressed, run down or have a poor diet, it shows first and foremost in your skin. The skin requires healthy oxygenation in order to feed nutrients to the dermis. Exercise maintains that healthy blood flow. A healthy body creates healthy skin – it's all about skin fitness!

## **What's the number one mistake men make with their skincare?**

The number one mistake from our boys is not cleansing properly. Men

tend to grab the nearest thing in the shower for their face and that can be a pretty horrible body soap that's just not right for their skin. They need a pH-balanced, gentle cleanser and they need to cleanse regularly.

## **Do Aussie men tend to neglect their skin?**

Aussie men are the worst! They have this whole rough and ready thing, which we love, but at the same time they allow premature ageing to occur by neglecting sun protection, thinking daily sunscreen is just for women.

## **Why is sunscreen so important, beyond reducing skin cancer risk?**

The obvious answer is that the sun ages us. If you want to look old before your time, sit in the sun all day. Yes, a healthy amount of vitamin D is required but you need to protect your skin from harsh UV rays in order to maintain healthy, youthful-looking skin.

## **If you could share only one skin care tip with us, what would it be?**

Stick to a simple and effective daily routine. Spend money on natural, science-based active serums (my favourite is Renu28) with antioxidants in them like A, C and E in order to ward off free radical damage. That is all long term pay-off.



## SEABURN'S DIET

I've had a challenging relationship with food over the years and I am still an emotional eater. I stick to a low carb diet of fish, chicken and loads of vegies. I love brown rice sushi, salads, avocado and salmon. I stick to a very clean diet with little red meat and dairy. But I always allow one or two days on the weekend to have whatever I want. I supplement to maintain iron and zinc levels. I'm not a huge alcohol drinker other than a few glasses of red on the weekend. I see so many Australian women who indulge too often with alcohol, it makes you age very quickly.





## BARE IT ALL

■ Arnold did it in the gym, Tarzan did it in the trees and now US researchers at Ithaca College have determined that going barefoot could help with a whole host of foot problems. Scientists confirmed that **the small muscles in the feet play a huge role in stability** and movement – similar to how your core helps with keeping your upper body strong – and that wearing shoes can break down the communication between those muscles and the larger muscles of the legs and feet, leading to overuse injuries like plantar fasciitis and shin splints. They suggest going barefoot whenever possible.



## THINK BEFORE YOU EAT

■ Researchers from Brown University in the US recently found that one of the main reasons we have an obesity epidemic (and why diet failure is so common) is that we don't eat mindfully. By that, they mean having an awareness of your thoughts and feelings, what's going on around you and what your body is telling you. The study found that the less mindful a person was, the more likely he or she was to be fat. Try thinking about your food before you start shovelling it in.



## LOW T, HIGH DEPRESSION

■ Low testosterone can cause a **whole host of problems, like dipping libido, fewer erections and low energy.** Researchers from George Washington University, US, recently found that lower levels of T can also bump up rates of depression. The study, which followed 200 men with an average age of 48, discovered that 58 percent of them suffered from symptoms of depression or had a diagnosis of depression. Getting in the weight room and pushing big numbers can boost T, so when you're done reading this, hit the iron.

## WANNA MAKE IT TO

# 100?

■ Gotta keep those inflammation levels low, says a new study from Japan. Featuring more than 1500 people, the report found that one of the best markers for longevity is inflammation – those with lower levels increased their chances of growing old while keeping their wits about them. Best part is that inflammation is something you can help influence, so keep stuffing your face with leafy greens and training hard.

STRONG WORDS

**"I FEAR NOT THE MAN WHO HAS PRACTISED 10,000 KICKS ONCE BUT THE MAN WHO HAS PRACTISED ONE KICK 10,000 TIMES."**

■ Bruce Lee

## ABOUT THE DOCTOR

Dr Victor Prisk is an orthopaedic surgeon, former gymnast and GNC medical advisory board member.



# THE MUSCLE DOC **EDGE**

# Cramping your style

Muscle cramps are part of the iron game - but preventable. **BY DR VICTOR PRISK**

## THERE ARE NUMEROUS

causes for muscle twitching and cramping, but the most common one is an imbalance of electrolytes, which often include sodium, potassium, magnesium and calcium. Electrolyte gradients are what charge nerve firing and muscle contraction just like in a

battery. When these electrolytes are out of balance, the control of the nerve and muscle discharge becomes out of sync. Thus, muscles fire without the nerve, and nerves fire without being told to by your brain.

Intense training, the type where you pour buckets of sweat, can

cause electrolyte imbalances. Training in excessive heat can exacerbate the fluid and electrolyte loss. The result can be muscle twitching, or an excruciating cramp (if you've ever been awoken by a calf cramp, you know how bad that is).

So what's your play? Consider replacing electrolytes and fluids with a sports drink, banana or supplementation. If you get cramps regularly, a potassium and magnesium supplement might do the trick. Additionally, double check that you're getting a daily dose of calcium and vitamin D, and salt your food as needed for iodine.

In some cases, the electrolyte loss can be due to medications, such as diuretics for blood pressure or beta-blockers for asthma. Some cholesterol medications (statins) can also cause leg cramps that tend to manifest at night. Your doctor should know if your meds might be contributing to your twitchy or cramping muscles. So when in doubt, ask. Sometimes the fix can be as easy as prescribing an alternative or adjunctive medications like potassium pills or coenzyme Q10.

Overtraining can be another culprit. Whether you're using too much volume or intensity, or you're not allowing for adequate recovery, the neuromuscular fatigue

- fatigue of the muscle or nerve supply of that muscle - can lead to increased excitability of the muscle where the by-product is twitching and cramping.

Change up your training and allow fatigued muscle groups to rest.

Additionally, dedicate more focus to getting better sleep and whole-food nutrition. Eat more leafy, green veggies such as kale and spinach, which are rich in antioxidants and phytonutrients.



## DID YOU KNOW?

Think of twitchy or cramped muscles as a sign; if you're pushing too hard, it's your body letting you know to back off.



# Get the goods

The latest innovative products that'll give you an edge on the competition.



**1 RENU 28**  
If your skincare entails letting the shampoo suds run over your face, you'll be glad to know that applying RENU 28 after your shower is just as easy, and what you get in return – vibrant, younger-looking skin – makes it worth the effort. Clinically proven to reduce wrinkles, improve skin texture, and increase elasticity and moisture.  
[aseaglobal.com](http://aseaglobal.com)

**2 YURBUDS LEAP 100 EARPHONES**  
These wireless earphones have no wires to get in your way. Featuring exceptional sound performance, a microphone with easy one-touch audio control and 6+ hours of music and call time with audible and visible low-battery alerts, these will go with you everywhere.  
[yurbuds.com.au](http://yurbuds.com.au)

**3 BC-1000 WIRELESS BODY COMP MONITOR**  
With wireless capabilities, your body composition readings will be transmitted to your computer or D-1000 remote display. Tanita monitors not only measure weight, but also measure body fat and hydration percentage, allowing you to accurately track your progress.  
[tanitaaustralia.com](http://tanitaaustralia.com)

**4 LQD GIFT PACK**  
Containing the 5 essential products which should be in every man's bathroom. Lqd products are scientifically developed to maintain hydration levels in your skin. No sulphates, parabens, phthalates, colours, fragrance or essential oils, which makes them not only great for your skin but your health, too. RRP \$230. Available at Sephora or  
[Lqd.com.au](http://Lqd.com.au)

**5 HYDRAPAK STASH**  
Durable, flexible, and leak-proof, the 1L Stash Collapsible Water Bottle is designed to go with you. Packing down to roughly one-fifth the filled size, the Stash bottle's flexible design is lighter and easier to carry than hard bottles, keeping you hydrated no matter where your exercise takes you.  
[hydrapak.com](http://hydrapak.com)



# At a stretch

It can boost your performance, your health and your wellbeing. And all you need is a mat. **BY ALISON TURNER**

**BOOSTING YOUR SPORTING** performance is not all about smashing out PBs at the gym or pounding the pavement for hours at a time. Sometimes you need something a little more Zen. Like yoga.

Former league player Ben Lucas (pictured) discovered this after signing up for a 100km ultramarathon.

"Back in 2010 I decided to start training for an ultramarathon. However, after years of playing rugby league I was finding that I was getting quite sore from running 150km-plus per week," says Lucas, now a successful PT and owner of Flow Athletic in Sydney's trendy Paddington.

"At the time I was living in North Bondi so I decided to try the local yoga studio to see if I could reduce the pain and my recovery time. I was hoping that it would improve my performance as a result. It certainly did the trick!"

Lucas still runs today, and just recently participated in the Gold Coast Marathon. "I also strength train five to six days per week and have found that yoga has helped my athletic pursuits in so many ways," he says.

Beyond running, Lucas says that yoga has helped him achieve greater flexibility and range of movement for lifts as well as better breathing technique – which is needed for both lifting and running.

"My recovery between sessions is much better, as if my clarity and focus. I'll add improved hip flexibility for running to the lifts, too!"

Lucas "religiously" practices twice a week, occasionally fitting in a third session when possible. He prefers Vinyasa-style yoga, in which movement is coordinated with the breath. However, any style of yoga can offer similar benefits.

"My best ideas for work come in yoga," Lucas says. "Sometimes it's challenging for my body but it is heaven for my brain. I also sleep better and find that it definitely levels my mood out to slightly less manic."

For men wanting to give yoga a try, Lucas recommends a minimum of one session per week, although two is better for seeing weekly improvements. As for yoga not being for blokes, Lucas scoffs. "I hear every day from men that 'when' they get more flexible they'll start yoga. Wrong! You get more flexible by starting yoga."

"Yoga is key to my athletic success and I guarantee it will offer you greater benefits as well. I have personally found that since I started yoga I have been able to run faster, lift heavier and train more frequently with less injury. What's not to like?"



# From tragedy to triumph

The rebuilding of rugby standout **WATENE WAENGA.**

BY DAVID ROBSON

## **AT 188CM AND OVER 100KG**

of rippling muscle, powerful New Zealand-born rugby midfielder Watene Waenga is known for bulldozing his way through multiple defenders on footy fields in both his home country and Australia. A picture of perfect health, Watene, 28 – a former member of the formidable Kiwi Waikato Rugby Union (WRU) squad and a former All Black hopeful – is a full-time advocate of the fitness lifestyle he has spent much of his life living. Unlike many of his rugby peers, he seldom drinks alcohol. Smoking and unhealthy eating are certainly out for the devoted family man, whose three children (aged 12, 10 and 8) have inspired him to continue winning, on the field and off. It is no small irony, then, that in 2009 the health-conscious Watene – having just signed with the Gold Coast Breakers rugby team – was leveled with two debilitating blood diseases: aplastic anaemia and paroxysmal nocturnal haemoglobinuria (PNH).

“At first I was constantly tired,” says the top footy prospect, now playing for the Gold Coast’s 2014 Grand Final winning Southport Tigers rugby league team. “I couldn’t walk up a flight of stairs without becoming breathless and having to rest. I was always bleeding and the blood was hard to stop. My blood counts were

low. I had headaches all the time and my body would ache throughout the day. I was constantly covered in bruises.”

Told by one doctor that he was lucky to be alive and by another that he would never play rugby again, Watene, 22 at the time, nevertheless continued to pursue his rugby dreams. Never losing hope and staying informed on how to best manage his conditions, he put in place a plan that would enable him to achieve the best shape of his life. Today Watene’s health is better than ever and athletically he is at the top of his game.

“I’ve always been involved in the fitness industry, striving and aiming to be fit and strong for rugby,” says the chiselled champ, who lists men’s physique competition, boxing and further rugby and league involvement as incentive for his continued gym efforts. “However, it was after being sick and diagnosed with my blood disorders that I took a good look into my fitness and health practices and began to learn more about my body.”

## **A FUTURE IN DOUBT**

A disease which destroys the energy-boosting red blood cells of the bone marrow, aplastic anaemia also depletes white blood cells (crucial for immune system integrity) and platelets (which promote blood clotting and stem bleeding).

Symptoms of aplastic anaemia include malaise (general discomfort and uneasiness), pallor (pale skin colouring) and increased risk of infection, bruising and haemorrhaging.

The rare and potentially life-threatening paroxysmal nocturnal haemoglobinuria destroys red blood cells in the bloodstream. Tiredness, shortness of breath and palpitations (an abnormality of heartbeat) are its major symptoms. Lumbered with all of the above, Watene was, for the first time in his life, forced to consider quitting his beloved rugby. But despite losing 10kg and becoming more lethargic by the day, he continued training for as long as he could. He continued to push his body, as he had always done, but his energy levels were beginning to work against him.

“Closer to diagnosis, a lot of people commented on my appearance, saying I didn’t look well and that my colouring was grey,” says Watene. “Thinking I was fit and healthy, I took little notice of these comments. However, the day before I ended up in hospital I ran one length of a field to warm up for training, collapsed and curled into a ball. I struggled to breathe and called for help. I felt my heart racing and knew that something was wrong.”

A promising future star and an All Black in the making, it was then that Watene felt his future begin to slip away. However, following



PHOTOGRAPHS BY DAVID ROBSON & PAULINE MARTIN





conformation of his disorders and in learning of his prognosis, he resolved to regain his health and fitness – his family providing ample incentive to beat the odds. “My energy levels were very low so I could do little after my diagnosis,” says Watene. “Though my physical shape had deteriorated, my motivation never failed me. Looking at my kids and being told I may not play rugby again pushed me to want to get better and train hard to prove others wrong. After the shock, I decided that I would beat this – mainly for the love of my children.”

## ROAD TO RECOVERY

Beginning his rugby career with Auckland's Te Atatu team at age five, Watene was touted as one to watch. A standout player expected to represent New Zealand on the world stage, the solid back made his local Waikato rugby rep team straight out

of high school. Following a three-year stint with Waikato, Watene left for Australia and signed with the Gold Coast Breakers in 2009. As a youngster Watene was inspired to play top level footy by his father – Watene Waenga senior, a respected rugby player who represented New Zealand's Hawkes Bay team – and cultural rugby icons Zinzan Brooke and Tana Umanga. While his training and nutritional habits – along with a hefty dose of natural talent – enabled him to become one of New Zealand's best, it was only after being diagnosed with his blood conditions that Watene was forced to make the lifestyle changes that have more recently benefited his health and sporting performance.

“Being on both ends of the life and death scale encourages me to stay healthy,” says Watene. “Now I train and eat well at all times and I don't go

## WATENE'S “RETURN TO FITNESS” TRAINING PLAN

### MONDAY

**MORNING:** Pilates and work-ons (areas that require prioritisation): speed and agility.

**MIDDAY:** stretching for 30 minutes

**EVENING:** gym (full body workout) followed by team training

### TUESDAY

**MORNING:** conditioning – high intensity cardio or weight training. Weights conditioning consists of lighter weights and higher reps across 2-3 sets per exercise for 40 minutes total. Exercise selection will vary from workout to workout. Cardio conditioning consists of circuit training incorporating several functional movements per circuit: up/downs, burpees, squat jumps and movements that simulate footy skills (such as side stepping and tackling). Minimal rest is included between cardio circuits and each circuit runs for 40 minutes.

**EVENING:** club team training

### WEDNESDAY

**MORNING:** upper body power training

**EVENING:** gym (full body workout) followed by team training

### THURSDAY

**MORNING:** gym (work-ons – weak point training)

**EVENING:** club team training

### FRIDAY

**MORNING:** a brisk 7-10km walk. Watene walks with his partner along the beach, working hard enough to raise a sweat. Walking is directly followed by 30 minutes of stretching.

### SATURDAY

**MORNING:** a brisk 7-10km walk. Stretch for 30 minutes. Followed by rugby game.

### SUNDAY

**MORNING:** recovery session. Says Watene: “recovery these days usually consists of the same walk, but at a more casual pace with my kids followed by a beach swim afterwards.”

**EVENING:** stretching

## TRAINING PROTOCOLS

- Moderate to heavy weights employed: focus is on perfect technique rather than ballistic-style training.
- Optimal hydration is maintained at all times.
- Extra sessions are included when energy is high and when certain areas require prioritisation.
- Hot/colds (contrast baths) are included to enhance recovery after all rugby stadium gym sessions.
- Additional stretching is done wherever possible.

## CONDITIONING BLOCKS

### ROWING

100m row under 19 secs, 25 secs rest.  
300m row under 60 secs, 45 secs rest.  
Repeat 10 times.

### STATIONARY BIKE

25-30 calories in 60 seconds.  
60 seconds light spin.  
Repeat 10 times (If 25 or more calories are not noted the block is not counted).

### BOXING (10SETS)

45 seconds speed, 20 seconds rest.  
45 seconds sit ups, 20 seconds rest.  
45 seconds power, 20 seconds rest.  
45 second prone bridge.

as heavy when weight training. Instead I go slower and use correct technique at all times. I have also surrounded myself with positive people and those who have similar goals in the fitness industry."

Watene is now eating cleaner than ever and such nutritional consistency is reflected in the increased vitality he displays in the gym and on the field. He avoids acid-forming foods to optimise his body's acid-base balance to ensure his body is "properly alkalised through green vegetables and by avoiding sugars and processed foods." He eats mostly whole foods to ensure his body is getting the nutrients and vitamins it needs to recover fast.

The finely-tuned process of building muscle while improving athletic performance is extremely physically and mentally demanding. With the highly intense rugby and gym training Watene routinely engages in coupled with the ever-present reality of the conditions which almost took him out of action for good, he must avoid overtraining at all costs. To boost recovery, Watene drinks amino acids throughout the day, consumes protein shakes, eats good food directly following training and gets the rest his body needs to recover.

## BACK ON TRACK

Though he continues to closely monitor the conditions that almost cost him his life, Watene has achieved his goal of returning to full fitness. He has spent the years following his diagnoses fulfilling his athletic potential and, with his improved physique and ever-burgeoning competitive nature driving him on, he's now eyeing men's physique competition and boxing along with continued footy success.

"My current blood counts are those of a normal person my age, though at times these can dip, which makes my heart rate spike much more quickly and therefore makes it more difficult to train with



**"AFTER THE SHOCK, I DECIDED I WOULD BEAT THIS - MAINLY FOR THE LOVE OF MY CHILDREN."**

high intensity," he says. "The main concern is that because of the PNH I have a much higher risk than most people of blood clots going to my main organs. But I know my body very well now and also know which symptoms to be aware of; this makes it easier for me to push my body to the limit."

All Watene ever wanted to do as a kid was play for the All Blacks. After overcoming his illnesses he says he is simply "happy playing rugby and living a healthy lifestyle, and wherever this takes me I'm sure

to have a smile on my face." To those facing similar odds Watene says to never give up. "Keep the faith that there is something out there that can help you, regardless of how negative your situation seems. I believe a positive mindset is most important and if you remain positive you can continue to be happy. My main goal now is to live a healthy lifestyle and at the same time be the best I can in all aspects of fitness - to hopefully show others who are sick that you can still be active and achieve your sporting goals." **M&F**



# TRAIN

BUILD MUSCLE, BURN FAT, PERFORM BETTER



## MUSCLE-UPS

With years of muscle-ups, Ramirez developed the shoulder strength and stability to hold himself horizontally on the rings.

## Master class

CrossFit Masters champion **SHAWN RAMIREZ** uses the perfect balance of intense training, diet and recovery. **BY AMY SCHLINGER**

## IN A SPORT WITH AN

average athlete age of 24, two-time CrossFit Games Masters (40-44) champion Shawn Ramirez has conquered the most gruelling fitness tests without ever being sidelined by injury. The Kill Cliff-sponsored athlete trains five days a week: two to three days to improve strength, speed and flexibility; a day for gymnastics; a weightlifting day with cleans, jerks, snatches or squats; and a conditioning day with sled pushes, rowing or running. His rest days are anything but. Ramirez swims a mile (1.6km), does a 10K row or rides an Assault AirBike.

"Always giving your body something different keeps training fun," Ramirez says. "A bored body equals no results."

A father to three sons, Ramirez's

main motivation to three-peat at the 2016 CrossFit Games is to set an example.

"I need to win for my third son," Ramirez says. "In 2014, my oldest trained with me, and last year my second one did. Now, my youngest is running by my side."

For Ramirez, staying game requires listening to his body. He does track work instead of running on hard surfaces, and for box jumps he steps down instead of jumping off.

"You can't listen when the body talks, you have to listen to when it whispers," he says.

Ramirez follows a classic clean diet: six meals daily with carbs, protein and fat. Breakfast is an oatmeal, berries, almond milk, whey protein and spirulina smoothie.

Can you handle a day in his shoes?

## RAMIREZ'S CROSSFIT WORKOUT

**DIRECTIONS:** use 85 kilos for men, 55 kilos for women. Do all reps per set then do next move. Perform for time.

EXERCISE	SETS	REPS
Deadlift	1	50
Pull-up	1	40
Front squat	1	30
Dip	1	20
Barbell thruster	1	10

**QUICK TIP** Scale down if necessary: 60 kilos for men/45 for women.

## RAMIREZ'S STATS

AGE	HEIGHT	WEIGHT
41	183cm	90.5kg
RESIDENCE	TWITTER	
Florida, US	@shawn_brx	



## BOX JUMP

After Ramirez nails a box jump, he doesn't jump down to the floor but takes the safer route and steps down.



# Tri again

You're doing it wrong. Adjust your pushdowns to follow your strength curve. **BY SEAN HYSON**

## HOW TO DO IT TRICEPS PUSHDOWN

**1 ATTACH A V-BAR** (or a rope handle) to the top pulley of a cable station and grasp an end in each hand. Hold it close to your body with elbows bent at 90 degrees. Bend your torso forward so you feel tension on the tris.

**2 PRESS THE HANDLE** down and slightly forward as you extend your elbows. As you return to the starting position, draw your elbows back – think about how you would lower your body on a dip or a push-up. You should feel your triceps being stretched at their elbow insertion.

### QUICK TIP

Modifying your pushdowns trains them according to the triceps' strength curve. Beginning with your elbows back puts you in a strong position so you can lift more weight. Then, instead of extending your arms straight down, you move them forward a bit so your triceps work as they're intended to – pushing away from you.



### DID YOU KNOW?

Pushdowns done with a V-bar let you go heavier. However, doing them with a rope is easier on your wrists.

Now available  
in Salted  
Caramel  
flavour

CLEAN.  
POWERFUL.  
EXTREMELY MODEST.



Bulk Nutrients' **Whey Protein Isolate** isn't one for the rock star lifestyle.

While other proteins are marketed with flashy graphics and big name endorsements, our WPI is extremely understated, preferring to let the facts (and a **legion of passionate fans**) speak for themselves.

Up to **91% protein**, our WPI is exceptionally pure containing only raw WPI, flavouring and sweetener – nothing else. Sourced from GMO free, grass fed New Zealand cows and **ultra filtered to ensure virtually no lactose** exists in the finished product (which means no more bloating!)

When it comes down to what you feed your muscles, no buzzwords, special deals or industry hype can substitute for a **high quality protein** and transparency in the manufacturing process.

Not all proteins are created equal – **try Bulk Nutrients' WPI** and experience a new level of purity!



**1KG FOR \$36**  
Only \$1.09 per serve!



**5KG FOR \$149**  
Just 90c per serve!

1kg flavour splits available,  
mix and match from our ten great flavours

Chocolate • Strawberry • Vanilla • Coffee • Banana • Choc Mint • Cookies & Cream • Salted Caramel • Raw

**Request your free sample at [bulk.li/samples](http://bulk.li/samples)**

[bulknutrients.com.au](http://bulknutrients.com.au)

[f/bulknutrients](https://www.facebook.com/bulknutrients)

[t/bulknutrients](https://www.twitter.com/bulknutrients)

[i/bulknutrients](https://www.instagram.com/bulknutrients)



## QUICK TIP

When you master the Swiss ball push-up, you're ready to handle push-ups on rings – perhaps the hardest chest builder of all.

# Push your pack

Push-ups on a Swiss ball make a “chest” exercise train your abs and more.

BY SEAN HYSON

## HOW TO DO IT SWISS BALL PUSH-UP

- 1 PLACE YOUR** hands on a Swiss ball. (A 65cm ball is ideal.) Get into push-up position and brace your core.
- 2 SQUEEZE** the ball and perform a push-up. Spread your feet further apart if you need more stability.

**DID YOU KNOW?** Swiss ball push-ups kill multiple birds with one stone, working your chest, shoulders, arms and upper back along with your core. Try them first in a workout to activate these areas.



## QUICK TIP

The Bulgarian split squat offers a great way to build leg symmetry. If you have a weaker leg, independent work forces it to catch up to the stronger one.



# Split decision

Adding Bulgarian split squats to a metabolic circuit will build up your hamstrings while incinerating fat.

## WHAT IT IS

A 10-minute, five-exercise metabolic conditioning (metcon) circuit by LA-based celebrity trainer Andy McDermott. The circuit starts with Bulgarian split squats, then moves to inverted rows and two push-up variations – incline and decline – and finishes with burpees. It's done continuously for 10 minutes without any breaks.

## WHY IT WORKS

The circuit is perfectly balanced with a lower-body movement, pushing and pulling movements, and an explosive movement. Chest is a focal point for a lot of men, so the incline and decline pushup variations ensure upper- and lower-pec development. As far as the intensity, be ready to sweat. "It really sneaks up on you," McDermott says.

## MCDERMOTT'S METCON WORKOUT

**DIRECTIONS:** perform the workout for 10 minutes without stopping. Record the total number of rounds you complete.

EXERCISE	REPS
▲ Bulgarian split squat	10*
Inverted row	10
Incline push-up**	10
Decline push-up***	10
Burpee	30 sec

\*Each leg.

\*\*Feet on floor, hands on bench.

\*\*\*Hands on floor, feet on bench.

**ANDY MCDERMOTT** is a personal trainer in the U.S. Follow him on Twitter: @andymcd23, and Instagram: @andymcdermottfitness



# Overworked

Aaron sent us his workout split and said he's burned out. Here's what we advised. **BY SEAN HYSON**



## AARON'S OLD SPLIT

DAYS	EXERCISE
Monday	Squat and legs
Tuesday	Bench press, chest and back
Thursday	Deadlift, traps and core
Friday	Overhead press, shoulders and arms

**M&F RATING: B**

## OUR ADVICE

You're packing a lot of heavy lifts into one week, and that's not giving you much recovery time. Try training only three days per week, and have the fourth workout spill into the following week. Your numbers won't progress quite as fast, but your joints will feel better.

## AARON'S NEW SPLIT

DAYS	EXERCISE
Monday	Squat and legs
Wednesday	Bench press, chest and back
Friday	Deadlift, traps and core
► Monday	Overhead press, shoulders and arms

## QUICK TIP

The older and stronger you get, the more often you must change your lifts to avoid injury and burnout.

# Crunch Time!

Rock a winning six-pack with this routine

## FORM AND FUNCTION

The RA begins at the pubic bone, runs up the length of the torso, and inserts at the fifth to seventh ribs. It serves to flex the trunk, pulling the rib cage to the pelvis. The RA is flanked by the internal and external obliques that assist the RA and help to rotate the torso.



**THE RECTUS ABDOMINIS (RA),** or the core muscles that make up the six-pack, provide stability to the spine during movement. The primary exercise that activates the RA is the crunch with knees up. Crunches produce more dynamic contraction of the upper abs than the lower abs. For this reason, crunches should be coupled with reverse crunches to ensure good contractile activation of the lower abs. Twisting variations of crunches (or sit-ups) should also be included to ensure development of the obliques. Abs can also benefit

from progressing the resistance and reps over time. A three- to five-kilo plate held behind the head or across the chest can effectively increase resistance. Reps in the 10-12 range are perfectly acceptable as things get even heavier. Reps and weight should be cycled from high to low with appropriate periodisation.

## ALTERNATIVES:

Abdominal crunch machine, cable crunch.

## WHEN IT'S CRUNCH TIME:

Core work should be done at the end of a workout. The order that you do crunches and reverse crunches should be dictated by which area needs the most improvement.

## WASHBOARD ABS ROUTINE

EXERCISE	SETS	REPS
Crunch with Knees Up	3	12-15
Reverse Crunch on Bench	3	10-15
Twisting Crunch	3	15-20





IFBB physique pro **SADIK HADZOVIC** won the first-ever Arnold Sports Festival Men's Physique Pro championship in 2015.

**Q:** I train my arse off, but I also eat clean and get plenty of rest. So why do I feel chronically tired?

— JORDAN R.

**A:** “This is a good question because each person's individual needs are unique based on gender, weight and physical activity. But my gut tells me you're not consuming enough calories or getting enough hydration throughout the day,” says Felicia Stoler, a nutrition and exercise physiologist and author.

“My suggestion would be to balance out your calories so that you eat close to what you need every day – not low on some days and then one binge day each week. I'd rather see you eat more calories every day than not get enough and try to make up that difference in one day.”

That's not a green light for you to increase your number of weekly cheat meals – keep the quality with that quantity. “Make sure you're getting enough fruits, veggies and whole grains,” adds Stoler. “It may be helpful to meet with a registered dietitian who can help you determine your nutritional needs.”

If none of the above tips help, try to schedule a sleep study with your doctor. You might not be sleeping deeply – or getting enough oxygen when you sleep.

# Quick fixes

You asked, we listened and our experts answered.

**Q**

**My upper-middle back is a weak point. How can I target this area?**

— ALEX F.

**A:** “**DO SOME BASIC** pull-ups,” says Chantha Thach, a personal trainer. “The key is to contract and squeeze your shoulder blades

together at the top of the move.”

Additionally, consider weaving narrow-grip pulldowns, cable rows and single-arm dumbbell rows into your back routine. Finally, remember to exercise the muscle that's sitting between your ears. “It's important to make that mind-body connection when you're working out,” says Thach. “Concentrate on the muscle being engaged, and fully contract with every rep.”

In Arnold's *Encyclopedia of Modern Bodybuilding*, he summed it up best, telling readers to think of the arms as merely the cables of a crane; the lats and rhomboids are the engine.



**Reflex®**  
Tomorrow's nutrition today™

# REWRITE YOUR EXPECTATIONS

**What do you expect from your pre-workout in terms of results?** If you want more, if you want those around you to recognise those differences, then you have to optimise every part of your approach.

**New Muscle Bomb®** pre-workout delivers the following per 30g serving;

<b>7g</b> BCAA	<b>8g</b> citrulline malate	<b>3.2g</b> beta-alanine	<b>2.5g</b> betaine anhydrous
<b>2,000mg</b> L-carnitine tartrate	<b>1,000mg</b> L-taurine	<b>250mg<sup>†</sup></b> caffeine	

Categorically and factually one of the world's most, if not the most, potent pre-workout formula available delivering mega doses for all main ingredients in line with double blind scientific studies. Muscle Bomb® is also completely free from artificial colours and sweeteners. <sup>†</sup> Caffeine-free version also available.

Do you know of another pre-workout product that delivers such dosages?



[www.reflex-nutrition.com.au](http://www.reflex-nutrition.com.au)

tel. 07 32063114



Search: Reflex Nutrition Australia



**QUICK TIP**

Whatever curl variety you choose, pick a moderate weight you could do 15 reps with.



# Arm training evolution

Here's the smart way to train biceps and triceps.

BY ADAM BORNSTEIN



**How do I make my arms really grow?**

- @MEIERED

**A:** **IT TOOK ME** a long time to learn how to train arms for the best gains. I used to be in the camp that said you don't need curls and

pushdowns - compound movements are enough. (Big mistake.) Then I thought the answer was progressive overload, adding weight to your lifts every week. But that led to elbow pain. After much trial and error with many clients, I've settled on the following methods, which build the bis and tris safely and swiftly.

**GET A PUMP** The arms respond well to volume, so train them in the 8- to 15-rep range, and sometimes with as many as 20 reps. When you go heavy on an exercise like curls, you just start cheating, and that takes

tension off the target muscles.

**KEEP IT SIMPLE** EZ-bar curls, hammer curls and varieties of dumbbell curls are all you need for biceps. For your triceps, think big movements like dips, close-grip bench presses and push-ups most of the time, finishing them off with cable extensions and skull crushers. **TRAIN THEM ON LEG DAY** Because the biceps are small muscles, they respond better to frequency than punishing loads. Train them two to three times a week. Increased training frequency really adds up.



**DID YOU KNOW?**

Hetrick invented the TRX while deployed. Find out more at [trxtraining.com](http://trxtraining.com)

# Train anywhere

Former Navy SEAL and TRX inventor **RANDY HETRICK** says growth lies outside your comfort zone. **AS TOLD TO JEFF TOMKO**

**THE MOST IMPORTANT**

evolution in training I have seen in my lifetime is happening now. Within the past five or six years, fitness has begun a migration towards functional movement. These are big, integrated,

loaded movements that mirror or shape the actual activity you need to perform in sports – or in life.

Being a part of TRX, I believe all of us who train should also be adding some sort of unilateral training to our

routine. If you squat and deadlift, that's totally fine. But now try to take one day out of your normal workout and perform some sort of analogous movements in a less stable, single-sided environment. Training one side at a time identifies imbalances and activates the stabilisers at a higher level. It also makes you strong as hell when you go back to bilateral mode.

I began to shift to the strap in my 30s after I first began to experience injuries. Hey, I used to be a meathead. Before I hit my mid-30s, well, I thought I was immortal. Then, my lower back had become problematic from doing tons of deadlifts – in retrospect not with great form – and like any meathead, “the harder the better.” As a Navy SEAL, I got a shoulder injury from an underwater ship mission – I

came off a ladder and ended up dangling by my left arm with about 90 pounds [40kg] of gear on my back, swinging on the open seas in the middle of the night. I heard a pop sound. But I had to complete the training exercise and never got it checked.

The funny thing about guys who lift heavy weight is that a lot of them spend way too much time developing the big prime-mover muscles, while forgetting to focus on the stabiliser muscles.

We've had many, many athletes who will look at the straps and say, “What's this gonna do for me?” Ten minutes later they'll say, “How did I live without this thing?” One good example is the big men in sports – an NFL offensive lineman who's never tried a side plank with his feet in the straps. Generally speaking, it's quite a shitshow. You can squat 600 pounds, press 400, push a sled across a football field, but you can't hold yourself in a plank for 15 seconds?

Remember: your first day on TRX is your worst day on TRX. Each day after you will improve in a significant way.



# EAT

WHAT'S IN THE FRIDGE THIS MONTH

## DID YOU KNOW?

The Waldorf salad originated at the Waldorf Hotel in New York City in the 1890s.

## TURKEY WALDORF SALAD

MAKES 1 SERVING

- 2 tbsp low-fat Greek yoghurt
- 2 tbsp low-fat mayonnaise
- 1 tbsp white wine vinegar
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp black pepper
- 1 cup shredded baked or grilled turkey breast
- 1 celery stalk, sliced
- 1 green apple, cut into  $1\frac{1}{2}$  cm pieces
- 2 tbsp chopped walnuts
- 2 cups spinach

**1.** In a medium bowl, whisk together yoghurt, mayo, vinegar, salt and pepper.  
**2.** Add chicken, celery, apple and walnuts and toss to combine. Serve over spinach.

### NUTRITION PER SERVING

586	58g	38g	25g
CALORIES	PROTEIN	CARBS	FAT

# Protein salad

Make lunch into a high-class, muscle-friendly feast that takes only minutes to plate.

BY SEAN HYSOON

FOOD STYLING BY SUZANNE LENZER



# Kale

Easy recipes to add tons of nutrients to your diet.

BY DEBI ZVI

## 1 | MAKE A SOUP

In a pot, sauté 1 chopped onion, then add 1 cup each chopped carrots and celery until soft. Add 6 cups water, 1 tbsp low-sodium soup base and 1 cup black beans. Simmer uncovered. Stir occasionally until beans cook. Add 1 bunch deribbed, chopped kale and cook until tender.

## 2 | BLEND A SMOOTHIE

Blend 1 cup deribbed, chopped kale, 1 frozen banana chopped,  $\frac{1}{3}$  avocado, 1 cup low-fat kefir and 1 stevia leaf until desired texture is reached.

## 3 | TOSS A SALAD

Toss 1 bunch chopped kale with 1 tsp walnut oil. Combine with  $\frac{1}{2}$  cup chickpeas, 1 tsp each tahini and lemon juice and 85g grilled chicken.

## 4 | BAKE KALE CHIPS

Derib 1 bunch kale and tear into bite-size pieces. Spread kale over baking sheet and distribute 2 tbsp olive oil and 1 tsp salt throughout the pan, coating the kale. Bake at 160°C for 25 minutes, rotating the chips after 10 minutes.

## 5 | MIX UP A PESTO

In a food processor, pulse 2 cups cut kale,  $\frac{1}{2}$  cup soaked cashews,  $\frac{1}{4}$  cup each olive oil, lemon juice and low-fat parmesan cheese, 2 tbsp balsamic vinegar and 1 clove crushed garlic until desired consistency is achieved. Add salt and pepper to taste.

### DID YOU KNOW?

A cup of kale has six times the daily value of vitamin K, which aids in blood clotting and bone health.



**GET MORE** This recipe is an excerpt from Chef Irvine's book, *Fit Fuel*, available now at [fitfuelbook.com](http://fitfuelbook.com) and Amazon.



# Turkey sausage frittata

Because the breakfast of champions doesn't come in a box.

## TURKEY SAUSAGE

MAKES 2 SERVINGS

Cooking spray

½ cup turkey sausage, cooked and diced

½ cup onion, diced

¾ cup Swiss cheese, shredded

1 cup baby spinach

1 cup low-fat cottage cheese

½ cup tomatoes, diced

½ cup light evaporated milk

¼ cup reduced-fat cheddar cheese

2 whole eggs

2 egg whites

1 tsp baking powder

**1.** Preheat oven to 160° C.

**2.** Coat a fry pan with cooking spray and place over medium-high heat.

**3.** Add sausage and onion and sauté for 3 minutes until onion is translucent. Set aside.

**4.** Coat a 22cm iron pan with cooking spray. Sprinkle in ¼ cup Swiss cheese.

**5.** In a mixing bowl, whisk together remaining Swiss cheese with spinach, cottage cheese, tomatoes, evaporated milk, cheddar cheese, whole eggs, egg whites and baking powder.

**6.** Pour egg mixture over sausage mixture, then place the pan in the oven.

**7.** Bake for 45 minutes, or until a knife inserted into the middle of the frittata comes out clean.

### DID YOU KNOW?

Spinach is loaded with vitamin A and is a good source of potassium, which can lower blood pressure.

#### NUTRITION PER SERVING

**487**  
CALORIES

**47g**  
PROTEIN

**27g**  
CARBS

**22g**  
FAT

FOOD STYLING BY SUZANNE LENZER



# A healthier way everyday with Steggles Turkey



Steggles offers something new, from tasty fillets to the finest roasts or mince for bolognaise and burgers. For healthy, tasty meals that your family will love every day of the week, let's talk turkey.

Available from **coles**

For recipes visit [www.steggles.com.au](http://www.steggles.com.au)



We're Steggles for quality



# Survival plan

Be good to your gut this holiday season and arrive in 2016 healthier and fitter than ever.

## HOLIDAYS ARE A TOUGH

time to keep tight, muscular and toned, and stomach issues can arise from stuffing your face with the fatty and less fibrous foods common on the holiday plate. But you can beat a bad gut by feeding it the good stuff, like probiotics and prebiotics.

## PROBIOTICS

Evidence is growing that the “good” bacteria that live in your gut may play a role in your health. Yoghurt and other fermented foods, like sauerkraut and kimchi, have significant levels of good bacteria that may help promote the right balance of gut bugs.

## PREBIOTICS

One of the keys to making probiotics work is to eat the types of foods that nourish them, also known as prebiotics. Good bacteria flourish on the cellulose and pectin that make up plants’ cell walls. As that fibre passes through our GI tract, bacteria use enzymes to break it down into simple sugars and ferment it into short-chain fatty acids that our cells can easily absorb. This type of fibre is considered prebiotic. Prebiotics and probiotics work together, so if you down gallons of yoghurt, but don’t fill up on fruits and veg with good levels of dietary fibre, you may not give the good bacteria what they need. Similarly, if you fill up only on fibre, you may not be introducing potentially beneficial bacteria to your gut.

## POMEGRANATE POWER

Pomegranate may be an ally in the pursuit of a balanced gut. Not only are pomegranate seeds a good way to add fibre to your diet, but early studies on pom extract have explored how naturally occurring plant compounds in pomegranates called polyphenols may also help to provide an environment for good gut bacteria to thrive. A study of 20 healthy individuals who took pom extract suggests, but does not prove, that these polyphenols may work as prebiotics, which feed the microbes in our gut to promote the right balance of beneficial bacteria.

This is a new way of thinking about polyphenols. Right now they are mostly talked about as antioxidants. Although the early scientific findings are promising, the impact of pomegranate extract on the gut microbiota hasn’t yet been adequately studied. Future clinical research is needed to establish causation and the potential of pom extract and pomegranates as a prebiotic.



# Kick the habit

Use our cheat sheet to get rid of sugar.

BY MARK BARROSO

**10 PERCENT.** That's the limit of our daily calorie intake that should be made up of added sugar, according to the World Health organisation.

Fortunately, artificial and natural sugar alternative can help kick sugar cravings.

"The brain gets a reward or sweet response from sweeteners," says dietitian Brian St. Pierre, director of performance nutrition at Precision Nutrition. "Generally when people replace sugary beverages with artificially sweetened ones, they eat less sugar and fewer calories and lose weight."

Food Standards Australia





& New Zealand labels "intense" artificial sweeteners such as aspartame and sucralose as food additives. Of these types, St. Pierresays "there's a lot of anecdotal evidence of health issues but the scientific evidence doesn't show many negative effects."





Sugar alcohols, such as erythritol and xylitol, are low-calorie carbohydrates found in plants processed for sale as table sugar substitutes. Refined stevia and monk fruit extract are natural sweeteners generally regarded as safe.

If you're looking to rid your diet of sugar, try one of the natural sweeteners below.

## DID YOU KNOW?

Stevia is plant-based, sweeter than sugar, has no calories, and can be used in baked goods.

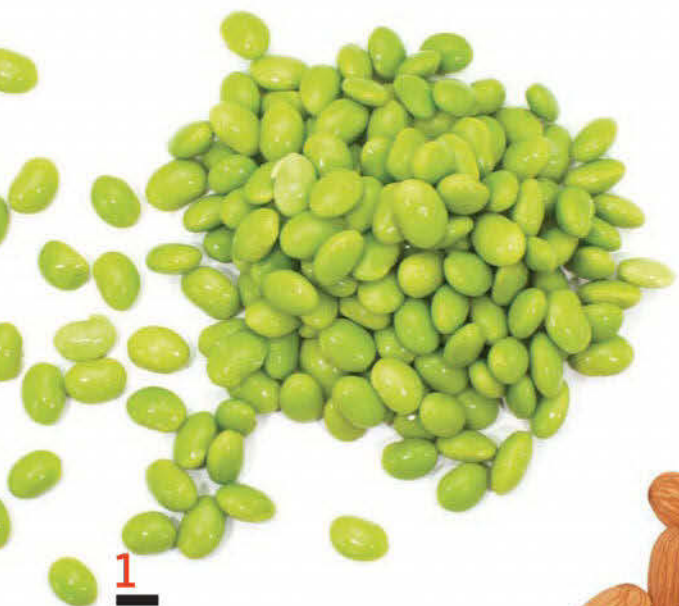
LIQUID SWEETENERS	CAL	THE BENEFITS
 <b>HONEY</b>	<b>64</b> per tbsp	Effective as a cough suppressant, honey has high anti-inflammatory and antimicrobial properties.
 <b>MAPLE SYRUP</b>	<b>52</b> per tbsp	Contains at least 24 different antioxidant substances and significant amounts of some minerals.
 <b>YACON SYRUP</b>	<b>21</b> per tbsp	A good source of fructooligosaccharides (FOS), which feed friendly gut bacteria for various health benefits.
 <b>MOLASSES</b>	<b>58</b> per tbsp	Reportedly a mild laxative; contains some beneficial minerals as well.

POWDERED SWEETENERS	CAL	THE BENEFITS
 <b>STEVIA</b>	<b>0</b>	About 200 times sweeter than sugar; Seems to lower inflammation in low to moderate doses.
 <b>MONK FRUIT EXTRACT</b>	<b>0</b>	Also called "luo han guo"; 300 times sweeter than sugar due to its mogrosides content.
 <b>DATE SUGAR</b>	<b>15</b> per tsp	Made from finely chopped dry dates; contains antioxidant properties.
 <b>COCONUT SUGAR</b>	<b>10</b> per tsp	Contains inulin; a prebiotic fibre; has a lower glycaemic index (35) compared with sugar (58).



# Snack happy

Fuel your body right between meals



## 1 EDAMAME

These tasty little green soybeans are the perfect mix of protein, slow-digesting carbs and fat to keep energy levels steady.



## 4 GREEK YOGHURT

A good dose of protein and B12 along with probiotics for a healthy gut. Throw in a handful of berries or some sliced banana for an added nutritional boost.



## 2 DARK CHOCOLATE

Nix sweet cravings with dark choc – go for one with at least 60 percent cocoa. Studies have linked it to heart-healthy benefits and lower body fat.



## 3 ALMONDS

Almonds are chock-full of bodybuilding basics such as protein and the “good” fats that are often overlooked as part of a smart bodybuilding diet.

## 5 CORN THINS

One two-slice serve has fewer than 50 calories. Gluten-free and super-low in fat, these tasty thins are the perfect base for your peanut butter, hummus or avocado hit.





# The taste of **Popcorn** in a Healthy Crispbread

23 Calories  
& less than  
5g Carbs  
per slice

breakfast

morning tea

afternoon snack

lunch

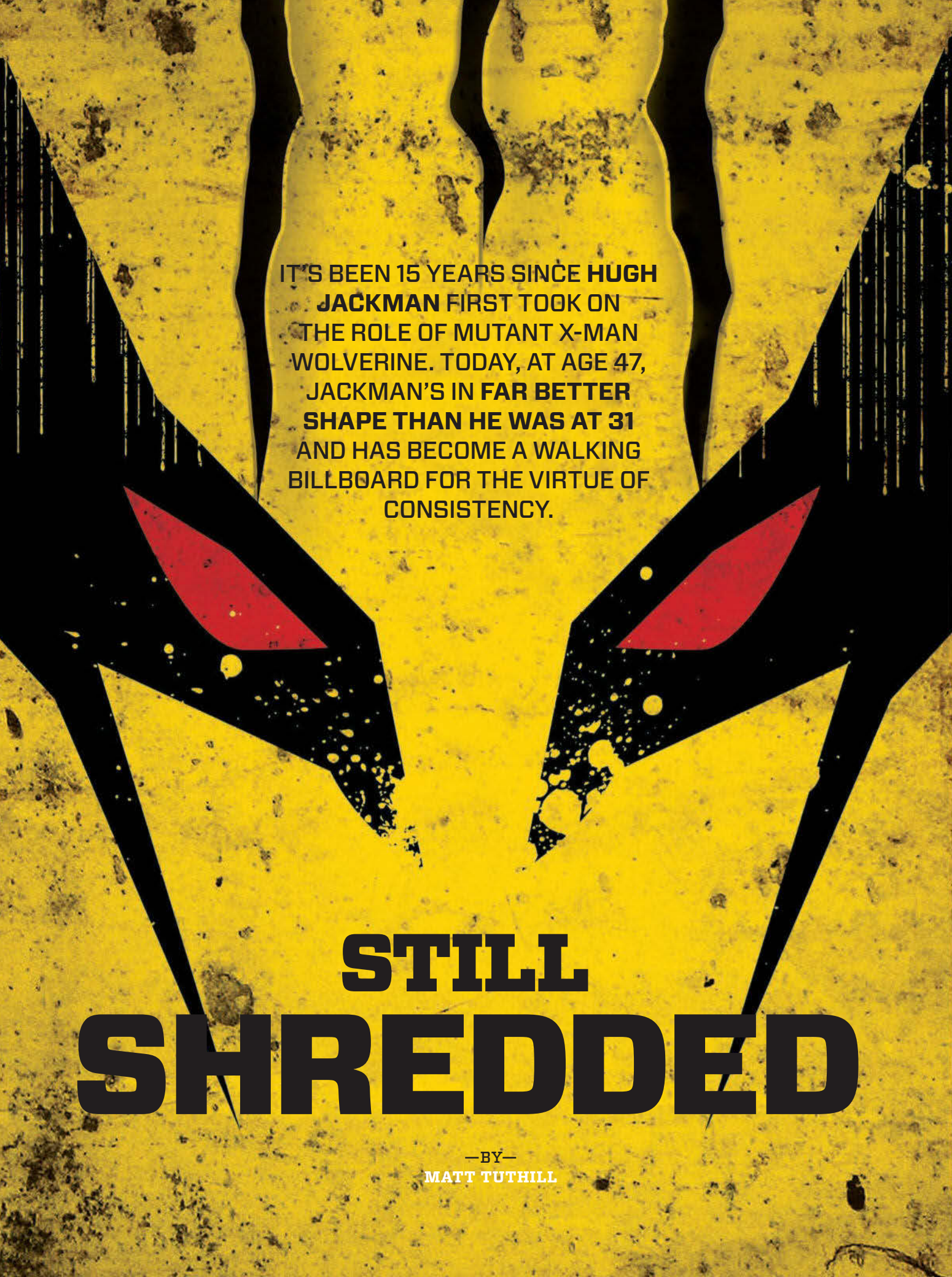
Being made primarily of corn, not rice, Corn Thins® taste delicious, like POPCORN, so are the ideal healthy snack to be eaten on their own, or with your favourite toppings...anytime of the day.

[www.cornthins.com](http://www.cornthins.com)

Available in the biscuit aisle of most supermarkets.





A stylized, high-contrast illustration of Wolverine's mask. The mask is black with two prominent red eye slits. The background is a bright yellow with a distressed, grungy texture, featuring black splatters and vertical streaks that suggest a torn or shredded surface. The mask's silhouette is jagged, with pointed ears and a snarling mouth.

IT'S BEEN 15 YEARS SINCE **HUGH JACKMAN** FIRST TOOK ON THE ROLE OF MUTANT X-MAN WOLVERINE. TODAY, AT AGE 47, JACKMAN'S IN FAR BETTER SHAPE THAN HE WAS AT 31 AND HAS BECOME A WALKING BILLBOARD FOR THE VIRTUE OF CONSISTENCY.

# **STILL SHREDDDED**

—BY—  
**MATT TUTHILL**









## Hugh Jackman didn't always look this way.

**T**here was a time in his life when he couldn't deadlift 227kg and thought you'd be out of your mind to tear through 6000 calories of steak and chicken every day just so you could recover in time to train again at 4am the next morning. Jackman had another life, a life that existed well before he could lay claim to one of the best bodies in Hollywood – a flawless 188 centimetres of taut, striated muscle that's now as much a part of his portrayal of Wolverine as the character's wild facial hair and adamantium claws.

Jackman was once a scrawny twenty-something – athletic, but by outward appearances, frail. He scoffed at the guys who lifted heavy weights, saying he didn't see any practical application for it, while he worked the front desk at – of all places – a gym. In other words, he was as easy as targets come.

"Everyone joked that I was the 'before' model," Jackman says. "I was so skinny. I never lifted a weight except to clean up at the end of a shift. Now, I'll probably always make it part of my life."

Jackman picked up the iron for the first time when producers told him to gain weight for an Australian production of *Beauty and the Beast*; but his metamorphosis into statuesque über male really began in earnest when

he landed the role of Wolverine in 2000's *X-Men*. He had no choice but to get serious about training hard and eating clean. When the world saw the results, Jackman became a superstar, and the rail-thin kid who'd cracked jokes about the "meatheads" was gone forever.

Fast-forward 15 years. Today, Jackman is reprising his role for an unprecedented eighth time in the yet-to-be-released sequel *Wolverine 3*. Comparing his physique as Wolverine now to that of his first appearance as the character yields only a few similarities. Jackman was, of course, in excellent shape for the original film, but he's a world apart now – bigger but leaner, more vascular and athletic. He's undergone one of the most remarkable physical transformations in Hollywood history, one made all the more astonishing when it sinks in that his physique for the original film is still one that most men would kill for. There's no radical approach he can credit for this – his body is the manifestation of 15-plus years of consistent hard work and clean eating. It's a body that would never have been possible if he'd taken it easy between projects, scrambling to get back into shape when he had to.

"As Will Smith puts it, 'It's easier to stay in shape than to get into shape'," Jackman says. "Drastic changes are very tough on the body. I never stray too far in terms of



**“I landed the coolest comic book character there is. He’s badass, way cooler than me and, for me as an actor, his complexities, his tortured soul make him endlessly interesting.”**

my strength training or fitness level; that way it never feels like climbing Mount Everest to get back.”

However, achieving his current look – which Jackman himself admits is his best shape ever – did require some changes. Enter trainer David Kingsbury, a former professional Muay Thai fighter and one of the most sought-after personal trainers in England.

The fit was natural. Both men are devoid of pretence. Jackman simply showed up and strolled through Kingsbury’s Pinewood training studio, looking the equipment up and down and picking Kingsbury’s brain about how to approach his next project – the role of Jean Valjean in *Les Misérables*, a character who appears gaunt during portions of the film, yet is renowned for his incredible strength. Then, Jackman told Kingsbury, shortly after *Les Mis* wrapped he’d need to jump right into training for *The Wolverine* and quickly regain the lean mass now synonymous with the character.

Kingsbury was undaunted by the challenge, and Jackman was sold. They couldn’t have known it then, but that brief, casual conversation kicked off a partnership that would put the men together almost every day for the next two years – and still counting.

Partnership is the operative word for the relationship, which has transcended the traditional bounds of trainer and client. The nature of Kingsbury’s training style – big lifts, high-intensity cardio and sometimes twice-daily sessions – mandates motivation equal to the task at hand, and Kingsbury wouldn’t be able to provide it in such heavy doses if he were sitting on the sidelines, coaching Jackman along. So the two lift together – rep for rep, set for set. When their schedule leaves time to train only at 3:30am, they push each other and get it done. When Jackman goes on holiday with his family, he brings Kingsbury with him. And sometimes, when it’s Kingsbury who falters, the roles reverse.

“We very much use each other for motivation, for the big lifts especially,” Kingsbury says, recalling a 5am deadlifting session that called for triples at 230 kilos. Exhausted from lack of sleep, Kingsbury crapped out at two reps. Jackman, though, destroyed his set, prompting Kingsbury to wait a few minutes, then go back for an extra set to hit the full triple. “His energy level is what impresses and motivates me,” Kingsbury says about Jackman. “There’s never been one day where he was too tired or run-down. He always wants to train.”

The always-on mentality extends to the most extreme circumstances, including a day on the set of *Les Mis*

when an itinerary from hell conspired to taint their perfect gym attendance.

“We trained at about 4am on the day we left for France,” Kingsbury recalls. “We then flew in, hiked up this mountain, filmed all day in freezing weather, finished around 9 or 10pm, and got straight back in the car to go to the hotel. We both slept the whole ride, then went to the hotel gym at 11 to get the second session in.”

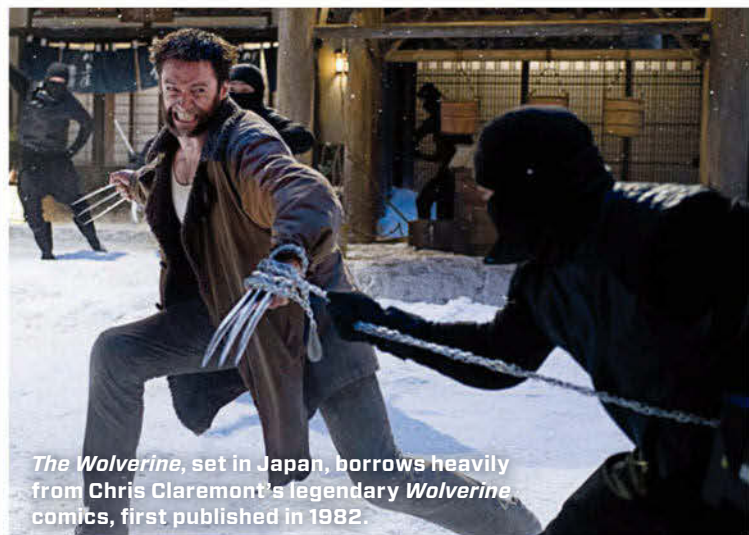
Memorable roles, Jackman says, are their own reward for all the hard work that can seem crazy from the outside looking in. People ask him all the time if he’s getting bored of playing Wolverine, but it’s a notion he rejects outright.

“I landed the coolest comic book character there is,” Jackman says. “He’s badass, way cooler than me and, for me as an actor, his complexities, his tortured soul, make him endlessly interesting. The only problem is that the ‘real’ Wolverine doesn’t age, so there definitely is a ceiling for playing this part!”

It’s hard to imagine when Jackman might begin to approach that ceiling – he doesn’t seem to have aged a day since 2000. His “secret”, though, is no secret at all. You want a body like his? Then stop looking for shortcuts, make training and nutrition a priority – and, above all, know why you’re doing it.

“If you train too hard and too often, you’ll burn out,” Jackman says. “You need to get to the point where you want to train, where you’re rested enough to really smash it in the gym. We all should work out to live better, not live to work out better.”

See over the page for your Wolverine training plan.



*The Wolverine*, set in Japan, borrows heavily from Chris Claremont’s legendary *Wolverine* comics, first published in 1982.





## Hugh Jackman – chameleon man



THE BOY FROM OZ

**2002** Only Jackman could pull this off. Going from superhero to prancing cabaret king (queen?) Peter Allen, he wowed crowds here and overseas with this multi award-winning musical. At the time, some said it was a poor career move. They would be eating crow now. This man is the epitome of the “triple-threat” – excelling at singing, dancing and acting. Oh, and kicking arse.



VAN HELSING

**2004** Did somebody say “19th Century vigilante monster hunter slash werewolf”? Jackman beefs up again to tussle with a vampire or two, wield some impressive-looking crossbows and generally vanquish evil in all its forms in this fantasy action monster mash-up tribute to old-school Universal horror flicks. It got panned by most critics, but the crowds loved it.



AUSTRALIA

**2008** Jackman teams up with the man everyone loves to hate (director Baz Luhrmann) and the woman everyone loves to hate (Nicole Kidman) to make a movie that everyone hated. His impressive build was once again on display for all to see. Literally. The shower scene had many a blushing housewife tittering into her handkerchief. Fair dinkum.



X-MEN: DAYS OF FUTURE PAST

**2014** The seventh installment of the X-Men film series saw Jackman bulk up big time once again, with the actor admitting that, as he gets older, beefing up is getting harder to do. But his rippling physique and popping veins in this instalment prove that he's still got plenty of grunt. (Bonus bare bottom scene included for *Australia* fans.)



LES MISÉRABLES

Jackman once again showcases his impressive range as a performer, this time portraying protagonist Jean Valjean in the successful musical production. Valjean, a man of remarkable strength, is a former convict who fights to lead a normal life, despite being relentlessly pursued by the film's antagonist – police inspector Javert (played rather woodenly by Russell Crowe). **M&F**



# THE 4-WEEK WOLVERINE TRAINING PLAN

Main lifts are based off a percentage of your 1-rep max (1RM) in that lift, and the percentage changes each week (See the percentage chart to determine what weight you should use). Rest between sets is listed in seconds. Flexibility work such as static stretching and foam rolling should be performed at the end of each session.

## DAY 1

EXERCISE	SETS	REPS
Bench press*	4	5/4/3/10
Dumbbell shoulder press	4	10
Behind-the-neck press	4	10
Cuban press**	4	10
Triceps dips	4	10
<b>SUPERSET WITH</b> Lateral raise	4	12
Lateral raise, front raise, rear-delt flye, overhead press***	3	8

FLEXIBILITY	STATIC STRETCH	FOAM ROLL
-------------	-------------------	-----------

\*See percentage chart.

\*\*Hold a barbell with a wide, overhand grip and let it hang at your waist. Bend your arms so that your elbows form 90-degree angles, then rotate your forearms back until the bar is overhead. Press up to lock out your elbows, then reverse the motion to return to the start.

\*\*\*4 movements back to back, then rest for 60 seconds.

## DAY 2

EXERCISE	SETS	REPS
Back squat*	4	5/4/3/10
Front squat	4	10
45-degree single-leg leg press**	4	10
Calf raise	4	12
<b>SUPERSET WITH</b> Hanging leg raise	4	12
Ab-wheel rollout	4	10

FLEXIBILITY	STATIC STRETCH	FOAM ROLL
-------------	-------------------	-----------

\*See percentage chart.

\*\*4 sets on each side.

## DAY 3

EXERCISE	SETS	REPS
Weighted pull-up*	4	5/4/3/10
Dumbbell single-arm row	4	12
Body-weight row	4	10
Incline dumbbell curl	4	10
Zottman curl, Cross-body curl, Pronated curl**	4	8

FLEXIBILITY	STATIC STRETCH	FOAM ROLL
-------------	-------------------	-----------

\*See percentage chart.

\*\*Perform all three movements back to back, then rest for 60 seconds.

Rest 2½ minutes between sets of the first exercise for each day and one minute between sets of every other exercise that day.



## DAY 4

EXERCISE	SETS	REPS
Incline dumbbell bench press*	4	6+6
Dumbbell bench drop (3 inclines)**	4	6+6+6
Cable flye (high to low)	4	10
Close-grip bench press	4	10
Triceps pushdown, Triceps dip, narrow- hands push-up***	4	8

FLEXIBILITY	STATIC STRETCH	FOAM ROLL
-------------	-------------------	-----------

\*Dropsets

\*\*Start on a steep incline, perform 6 reps, reduce incline; perform another six, then go flat for the final six reps.

\*\*\*Perform all three movements back to back, then rest for 60 seconds.

## DAY 5

EXERCISE	SETS	REPS
Deadlift*	4	5/4/3/10
Romanian deadlift	4	10
Zercher squat	4	12
Weighted incline sit-up	4	10
Barbell land mine**	4	20

FLEXIBILITY	STATIC STRETCH	FOAM ROLL
-------------	-------------------	-----------

\*See percentage chart.

\*\*Alternate sides, 10 each side.

## PERCENTAGE CHART FOR MAIN LIFTS

### PERCENTAGES FOR WEEK 1 (5 REPS)

60% OF W1RM	65% OF W1RM	75% OF W1RM	75% OF W1RM
SET 1	SET 2	SET 3	SET 4

### PERCENTAGES FOR WEEK 2 (4 REPS)

65% OF W1RM	75% OF W1RM	85% OF W1RM	85% OF W1RM
SET 1	SET 2	SET 3	SET 4

### PERCENTAGES FOR WEEK 3 (3 REPS)

70% OF W1RM	80% OF W1RM	90% OF W1RM	90% OF W1RM
SET 1	SET 2	SET 3	SET 4

### PERCENTAGES FOR WEEK 4 (10 REPS)

40% OF W1RM	50% OF W1RM	60% OF W1RM	60% OF W1RM
SET 1	SET 2	SET 3	SET 4

W1RM = Working 1-rep Max, or  
95% of actual 1-rep Max





# SECRETS OF THE DRAGON

---

DURING HIS SHORT LIFE, **BRUCE LEE** ACHIEVED TOTAL MASTERY OF HIS MIND, BODY AND MOVEMENT. IN AN EXCLUSIVE INTERVIEW WITH HIS DAUGHTER, WE LEARN THE KEYS TO HIS SUCCESS – IDEAS YOU CAN APPLY RIGHT NOW TO CHANNEL YOUR OWN INNER DRAGON.

**By Eric Velazquez**







## WHEN WE THINK OF ACHIEVEMENTS IN STRENGTH,

our minds are quick to pivot to images of record-shattering bench presses and strongmen hoisting stones onto chest-high platforms. Strength, we figure, is mainly a function of man prevailing over gravity. But a deeper, transcendent definition of strength exists – one that quickly comes to mind with the utterance of a single name: Bruce Lee.

Among his numerous feats of strength was his famous 2.5cm punch, which could propel a 107kg man some 4½ metres. He was also known to deliver a sidekick strong enough to send a 136kg-heavy bag careening into the ceiling, and he could hold a 57kg barbell at full extension, arms parallel to the floor. It's even said that he could rep out 25 chin-ups... with one arm.

Known also for his blurring speed, which was fast enough to force filmmakers to slow him down in final edits to make his moves visible to the naked eye, and jaw-dropping feats, like when he kicked out a

lightbulb 2.5 metres off the floor (*Marlowe*, 1969), the 170cm Lee was preternaturally powerful.

It's important to note that he did all of these deeds at or near a body weight of 61kg, proof positive that it is less about the amount of muscle you carry than it is about what you can will your muscle to do.

How was a man of such slight build able to do things of such physical significance? Dedication to his training was part of it, but

a lot of people keep to regular routines. What set Lee apart was an almost supernatural melding of mind, body and movement. His daughter, Shannon Lee, called it the “physicalisation of his philosophy” – an ability to reach an unconscious level of performance through discipline.

So how much does mind matter when it comes to your body? As Lee said, “As you think, so shall you become.” And the lessons continue...





**“MY FATHER  
PHYSICALISED IDEAS  
SUCH AS ADAPTABILITY,  
PLIABILITY, FREEDOM,  
EFFICIENCY AND  
INSTINCT.”**

**– SHANNON LEE**

## LESSON 1

# PHYSICALISE YOUR PHILOSOPHY

### SHANNON LEE HAS

called her father a philosopher of movement. This concept is particularly valuable for anyone who has ever strained mindlessly through a set. Lee didn't just execute punches, kicks or reps – he thought deeply about their purpose and performance. Perfecting them was always the aim.

“I guess when I say that he is a philosopher of movement what I really mean to say is that he physicalised philosophy,” Shannon says. “Philosophical ideas and sayings are great. They give us a little boost, a nudge in the arm, a fire in the belly. We read it and think, ‘cool’, but the next step is to take it and try to integrate it into some sort of personal action. So, you read a quote like, ‘The meaning of life is that it is to be lived’. And you think, ‘That’s awesome. I totally get that.’ But then you go back to channel surfing and ignoring whatever it is that you consider meaningful, and you’re not really physicalising your belief in this idea. My father took it a beat further and fully applied his beliefs and thoughts to his training and his art. He physicalised ideas such as adaptability, pliability, freedom, efficiency and instinct.”

Don't allow your goals to be superficial. Think deeply about your motivations and pursue them in ways that elevate your performance. Use what works. Discard what doesn't.





## LESSON 2

# THERE ARE NO "LITTLE" THINGS

### MOST TRAINING INJURIES

are the result of overuse, neglect or both. Lee wasn't immune to this danger. Bullish about and possessive of his training time, Lee would often dive into his workouts at full speed, doing things that most of us mere mortals would dismiss as CGI. But a severe back injury during a heavy set of good mornings in 1970 would alter that process for Lee.

"My father injured his back by not warming up properly," Shannon says. "He became a big advocate of warming up after that. He definitely believed in rest and giving his body recovery time."

Not even elite athletes are immune to the limitations of the human body. Warming up is critical for performance and safety. Spend five to 10 minutes doing a progressive, dynamic warm-up prior to every workout. This increases heart rate, lubricates joints and excites your nervous system for the work ahead. Proper rest should also be observed to maximise recovery and adaptation.



### DRAGON AGE

Bears play dead when they see Chuck Norris, but that didn't stop Bruce Lee from kicking his arse in 1972's *The Way of the Dragon*.



## TEST YOUR LIMITS

### MUSCLE & FITNESS FOUNDER

Joe Weider frequently championed the mind-muscle connection with regard to training, believing that a muscle could always be better developed if a lifter focused intently on it during each rep. Science later confirmed that to be true. But Lee took this a step further by contemplating not just what he was doing but also what he was further capable of.

"My father talked about training as being more about the human spirit than just about your muscles," Shannon says. "Training your body equates with pushing yourself past not just the physical barriers and plateaus but, more importantly, also the mental and emotional ones. I think it's really about a shift in perspective."

Ask yourself how you can change the way you think about working out to be able to approach it in a fresh light. "What would you be capable of if you worked just a little bit harder? It's what my dad wanted to know: how does this make me a better me?"

## WORK TOWARDS ARTLESSNESS

### BRUCE LEE BELIEVED IN

"three stages of cultivation" with regard to martial arts – the aprimitive stage, the stage of art and the stage of artlessness. The third stage, Shannon admits, is elusive but it should always be the goal.

"I think the thing that I think about the most when I consider my father's philosophies is attaining that third stage of performance where you no longer have to think about what you're doing; you've worked long and hard enough to be able to have your body respond when

you want it without your mind getting in the way," Shannon says. "I don't know that I've ever reached that level of no-mindedness in martial arts, but I have done it with other things, and when you get there, it's like you lose time for a moment and you really are one with whatever you are doing."

Few select a new routine because it's easy, but plenty have quit because it's hard. Instead of succumbing to the challenge, embrace it and immerse yourself in it until you master all aspects of its execution.

### LESSON 3

**"ACCEPT  
WHAT IS  
USEFUL,  
REJECT  
WHAT IS  
USELESS."**





#### BLINDING SPEED

Bruce Lee's athleticism was so incredible it was hard to do it justice on film. Filmmakers often slowed down the frame rate so audiences could fully appreciate what he was doing.

**SHANNON LEE** is the president of the Bruce Lee Foundation, a public-benefit corporation that seeks to preserve, perpetuate and disseminate her father's life example, philosophies and Jeet Kune Do. When she's not serving the foundation, she is a producer, actress, practiced martial artist and mother. She was Bruce Lee's only daughter.



## LESSON 6

# LISTEN

**DIFFERENT COACHES** have different training systems that they advocate – usually because of some quantifiable level of previous success – but not all athletes flourish under these conditions. Lee believed that physical generalisation was good but discriminate individualisation was better. Jeet Kune Do, the martial arts path he developed, was built on this ideal.

"The core tenets of Jeet Kune Do – simplicity, directness, freedom – were a guide in this instance," Shannon says. "It was these ideas that led him to work up the type of workouts that optimised his function as a fighter and that were highly personalised for what he wanted to be able to do. He believed in the cultivation of the individual over the dissemination of doctrine of any kind. To that end, he didn't believe in a one-size-fits-all approach to anything."

"I guess the question for anyone wanting to figure out what they should be doing when they train is to ask themselves what they want to be able to do. Then take my father's philosophy: 'Accept what is useful, reject what is useless and add what is essentially your own', and apply it to your workout." **M&F**

## LESSON 5

# TRAIN AS AN INDIVIDUAL

**IN OUR DAILY LIVES**, there are so many voices – so much information – to filter through. Ultimately, you must decide what is worth listening to.

"[My father] was a rather active guy and he was often engaged in something, if not physically, then mentally," Shannon says. "But the truth of the matter is he had some hard lessons as far as slowing down were concerned, such as when he hurt his back. But conversely he accomplished

an amazing amount in the short years he was on this earth. And I think that he was able to do that because he followed that voice inside him that spoke of what he was capable of."

Tune it all out, Shannon says, letting in only what is productive. "We all know that voice; we run from it or we don't believe it or we block it out, but it's there and if we only listened to it and gave it expression we could all accomplish amazing things!"

# TRAIN THE BRUCE LEE WAY

## SIMPLICITY IS THE KEY

### Fitness Program :-

#### (1) \* Basic Fitness Exercises :-

1. Alternate Split
2. Run in Place
3. Push-ups, jumping squat
4. Push-ups
5. Stairs
6. Standing (one legged) (One leg)
7. Stood Walk
8. Just Awareness

- (2) Waist :- 1. waist twist 2. S.E. 3. stick  
4. side bend.  
5. forward & backward

- (3) STOMACH :- 1. Side sit-up.  
2. leg raise

- (4) SHOULDER :- 1. Roll.  
2. circling & swing

- (5) Leg :- 1. S.E. turn  
2. leg kick  
3. high kick

1. Alternate splits. - (agility, leg, endurance)
2. waist twisting (external oblique)
3. Run in place (agility, endurance, leg)
4. shoulder circling (flexibility)
5. high kicks (flexibility)
6. side high raise ( " ) waist twisting
7. sit-up ( " )
8. sit-up ( " )
9. leg raises ( " ) lower

### Fundamental Exercises :-

1. Exercises for strength :- a) basic strength (power) b) functional strength
2. Exercises for speed :- a) Application of basic movement b) technique
3. Exercises for timing & coordination - a) spacing
4. Exercises for flexibility :- a) leg b) stretching
5. Exercises for endurance :- a) muscular endurance b) running c) swimming d) (various) (fartlek)
6. Exercises for agility :- a) agility b) speed c) with light weight d) jumping with ball
7. Nutrition & rest :-
8. Exercises for basic fitness :- a) leg raise b) side to side c) sit up d) twist e) shoulder f) running g) jumping h) push-ups i) pull-ups j) sit-ups k) leg raises l) sit-ups m) sit-ups n) sit-ups o) sit-ups p) sit-ups q) sit-ups r) sit-ups s) sit-ups t) sit-ups u) sit-ups v) sit-ups w) sit-ups x) sit-ups y) sit-ups z) sit-ups



## OVERALL STRENGTH

This is Lee's foundational routine. He based it on the routines he read in magazines like *Muscle & Fitness* but scaled back the volume so as not to build more muscle than he needed for his martial arts.

EXERCISE	SETS	REPS
Clean and press	2	8-12
Barbell curl	2	8-12
Behind-the-neck press	2	8-12
Upright row	2	8-12
Barbell squat	2	12-20
Barbell row	2	8-12
Barbell bench press	2	8-12
Barbell pullover	2	8-12

## PUMP AND DETAIL

In 1965 Lee decided that he wanted bigger arms. He devised this routine to do just that, and in 44 days he added three quarters of an inch (1.9cm) to his upper arms and a half-inch (1.2cm) to his forearms.

EXERCISE	SETS	REPS
Squat	3	10
Lying triceps extension	4	6
Incline dumbbell curl	4	6
Concentration curl	4	6
Weighted push-up	3	10
Barbell curl	3	8
One-arm overhead		
Dumbbell extension	3	6-8
Dumbbell rotation	4	To failure
Seated wrist curl	4	To failure
Reverse wrist curl	4	To failure
Sit-up	5	12
Calf raise	5	20





**ARNOLD  
SCHWARZENEGGER**  
in peak condition at the  
1974 Mr Olympia contest  
in New York City, US.



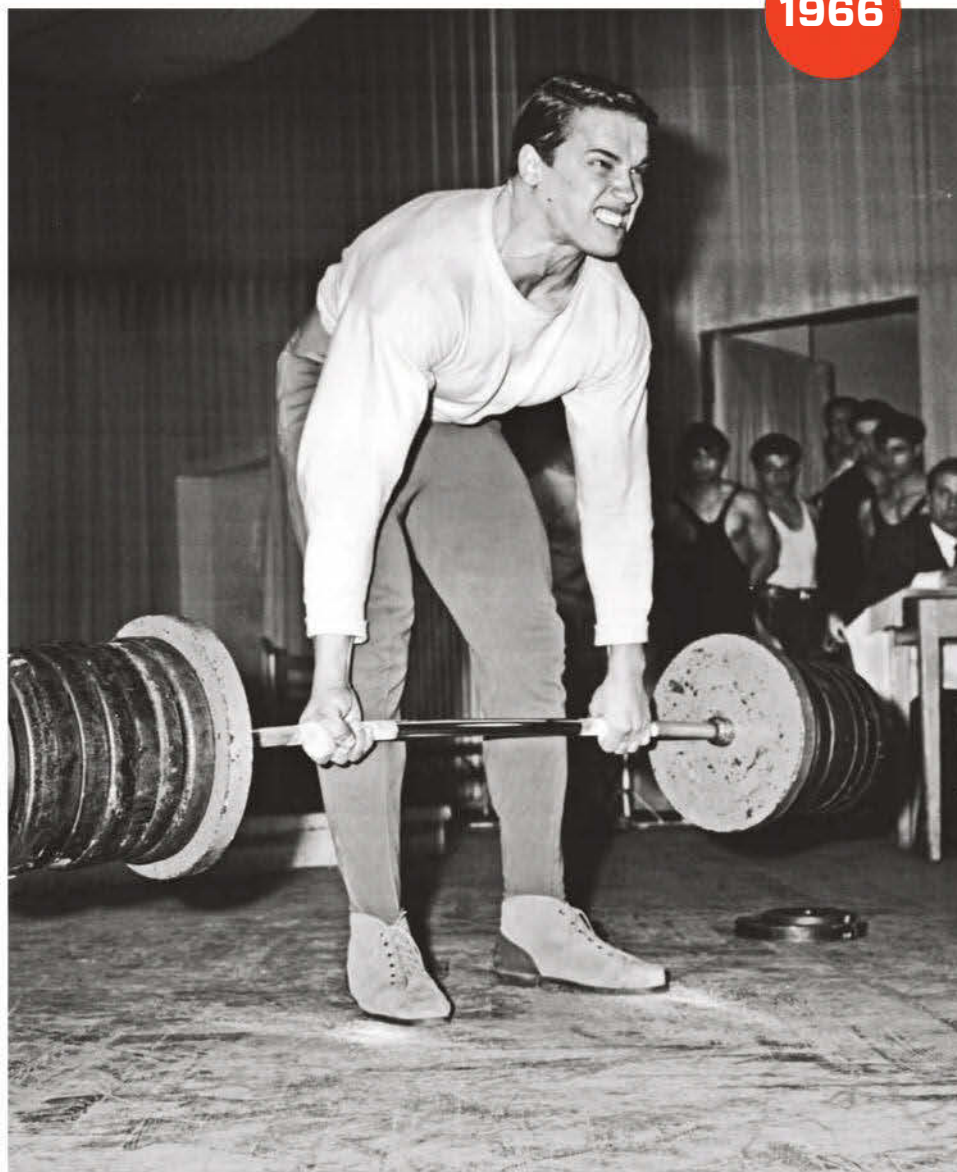
# ARNOLD'S BODY OF WORK

The most famous  
physique in the history  
of the world has  
had many shapes and  
sizes. See how Arnold  
has transformed  
his body as he's moved  
from bodybuilder  
to movie star to  
Governator - and back.

**By Sean Hyson**

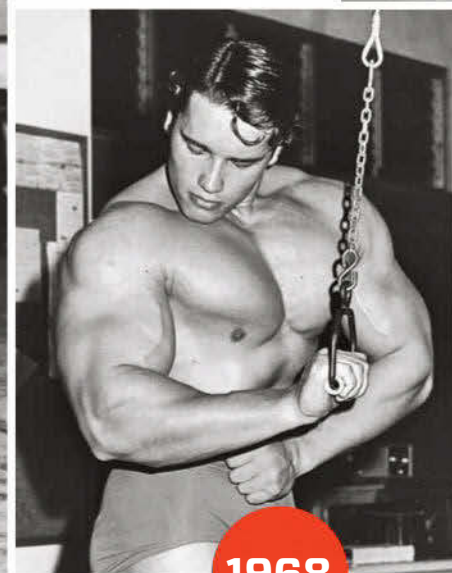


1966

**THE ARNOLD SCRAPBOOK**

The time arc of Schwarzenegger's physique serves as a good blueprint for the rest of us. Spend your early years developing mass and strength with heavy, basic training, and then refine your look with more isolation exercises and intensity boosters such as supersets and trisets.

1968



# Trying to choose Arnold Schwarzenegger's best look

is like trying to pick his best movie one-liner. His physique has undergone so many changes over the years, each one awesome in its own way, that it becomes the proverbial apples vs. oranges debate. But many bodybuilding pundits agree that Arnold's peak shape – onstage, anyway – came at the 1974 Mr Olympia, a year prior

to the contest filmed for the movie *Pumping Iron* (which casual fans usually assume was Arnold's most impressive showing). On the 40th anniversary of that competition, we look back at how Arnold's physique has followed his amazing career, changing for contests, movies and the demands of a life as public as any ever lived.

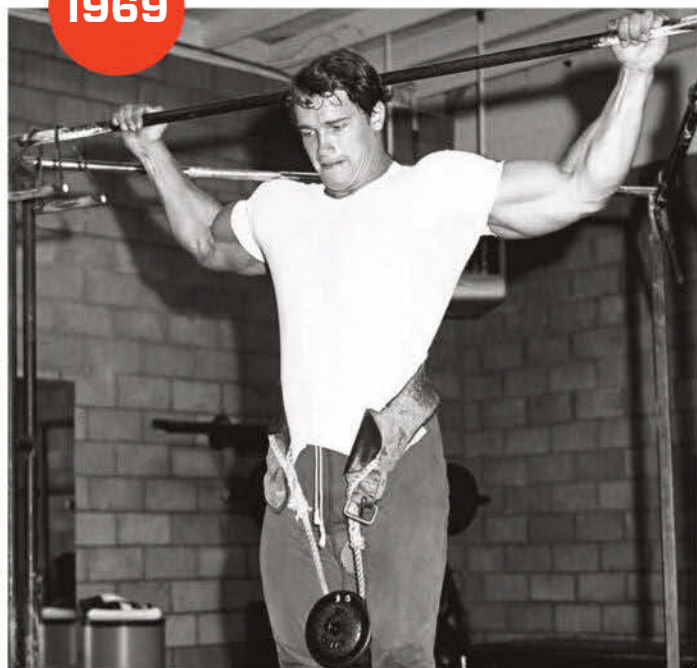
**'74, AND SO MUCH MORE**

On Oct. 12, 1974, Arnold swaggered onto the stage at New York City's Felt Forum to meet Lou Ferrigno. Though the man who would be Hulk was four years younger and nine kilos heavier, Arnold's smirk grew wider as he hit his first few poses. At 109-plus-kilograms, yet with a waistline that still measured

1971



1969



1980



just 86 centimetres, Arnold had brought his best-ever body to the Olympia dais – and he knew it. He'd decided months earlier that he'd retire from bodybuilding after that night, and wanted to punctuate his reign over the sport by leaving no doubt that he was the greatest bodybuilder ever. His blend of mass, symmetry and definition was absolutely perfect. His arms were

thick, his already legendary biceps fully peaked. Even Ferrigno, at 196cm, couldn't out-muscle him.

At the same time, Arnold hadn't sacrificed any of the definition he'd shown the year before. When he hit his chest poses, lines etched across his pecs as if being chiselled in right before your eyes. His abs and thighs, though never his strong suit, were sharp and fully formed.

He had no weak points. He was the best bodybuilder in the world.

### A STRONG FOUNDATION

Arnold began training at the age of 15. While his focus was always on bodybuilding, he wanted his muscles to be not only aesthetic but also bursting with power. Heavy training in the form of Olympic weightlifting and powerlifting



1967

were part of his routines almost from the beginning. Understanding that the traps and spinal erectors developed best with heavy clean and deadlift movements, Arnold worked up to sets of only five, three and, from time to time, one single rep. “By forcing myself to go to the limit,” he wrote in his 1985 book *The New Encyclopedia of Modern Bodybuilding*, “I counterbalanced the lighter-weight, higher-rep training that made up the majority of my workouts.”

After less than a year of training, Arnold made his first contest appearance ever, in a weightlifting competition held in a beer hall (!) by the Athletic Union in Graz, his hometown. He cleaned and pressed 68kg. “The crowd gave a big cheer,” he wrote in his 2012 autobiography *Total Recall*. “The applause had an effect like I’d never imagined.” Buoyed by the audience, Arnold pressed 84 on his next attempt – “16kg more than I ever had before... I discovered that I performed much, much better in front of others.”

Later, Arnold had other victories in strength competitions, including the International Powerlifting Championships and the 1967 annual Munich stone-lifting contest, in which he hoisted a 254kg stone – with no warm-up. By the end of the 1960s, Arnold weighed 114kg, had a 236kg bench press and carried a physique that was rough and lacking definition, but undeniably Herculean.

Of course, Arnold’s flirtation with powerlifting led to his friendship with future Mr Olympia Franco Columbu, whom Arnold in turn encouraged to take up bodybuilding. As Arnold wrote in his Encyclopedia, “Franco and I started out as weightlifters, which gave us a muscle density that bodybuilders who have not done power training lack.”



#### ARNOLD'S ALPS

“The Austrian Oak” often took posing photos with mountains in the background to communicate his gargantuan development. Heavy lifts, including T-bar rows (shown at left), made up much of his training.

1965

1968

## ARNOLD'S 1974 MR OLYMPIA CHEST & BACK WORKOUT

Arnold cut the range of motion on his bench presses one-quarter of the way from lockout in order to keep tension on his pecs. On wide-grip pull-ups, however, he lowered his body until he felt a deep stretch in his lats, which activated them better. Arnold used this routine on Mondays and Thursdays.

EXERCISE	SETS	REPS
Bench press	5	10-12
<b>SUPERSET WITH</b>		
Wide-grip pull-up	5	10-12
Dumbbell flye	5	10-12
<b>SUPERSET WITH</b>		
Seated cable row	5	10-12
Dip	5	To failure
<b>SUPERSET WITH</b>		
Bentover row	5	12
Cable crossover	3	12
<b>SUPERSET WITH</b>		
Dumbbell row	3	12

## MOVIE MUSCLES AND THE BODY POLITIC

As Arnold's film career took off in the late 1970s, his training shifted to suit whatever role he had to embody. As he told *Men's Fitness* in 2012, "When I did *Stay Hungry*, [director] Bob Rafelson made me lose 14kg. So two-thirds of my training was cardio and one-third was weight training." In contrast, when Arnold made *Conan The Barbarian*, "they wanted me to look like a powerful guy who had got his body through fighting and hard work. I had to be big and

## PRESSED FOR TIME

Arnold's Mr Olympia training was fast-paced and often consisted of supersets, such as presses and pull-ups for chest and back.

strong but not as defined, so I did heavier weight training."

In general, throughout Arnold's prime filmmaking years, he used lighter training loads and incorporated more circuit work, sometimes doing a set each of up to six exercises in a row without rest. The intense pace kept his heart rate up, allowing him to



1965

**ARNOLD STRONG**  
Schwarzenegger competed in weight-lifting contests to prove that bodybuilders' muscles aren't just for show.



burn more calories and stay lean while keeping every muscle group pumped. It also allowed him to accomplish workouts in well under an hour, which made his travel and shooting schedules more manageable.

Arnold was renowned for having a massive trailer delivered to the sets of his movies, so that he could train between shooting scenes. He even allowed his co-stars to work out in it, including ex-wrestler (and fellow future governor) Jesse Ventura, which he used while making *Predator* in the Mexican jungle.

1983

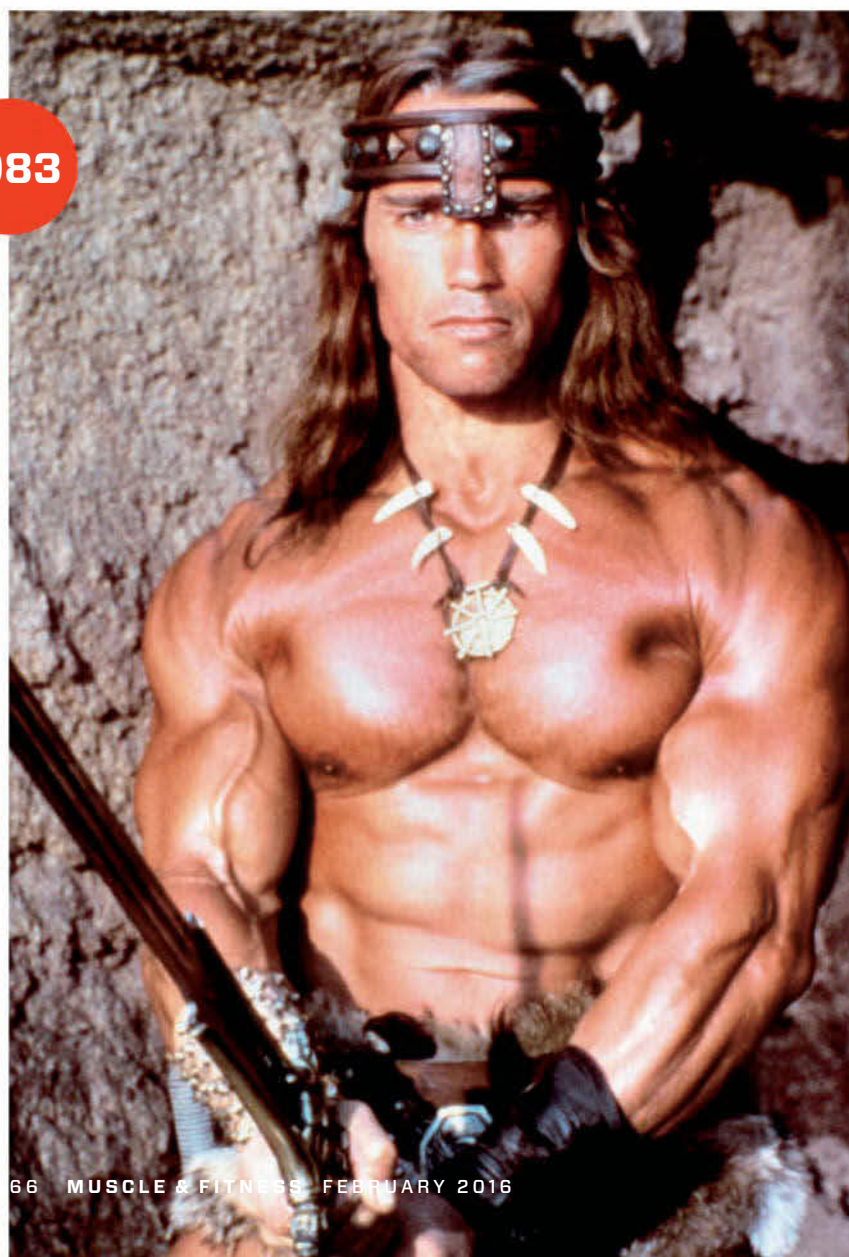
## ARNOLD'S WEIGHT-LIFTING WORKOUT

This routine, which Arnold followed in the mid-1960s, combines conventional bodybuilding training with Olympic weightlifting exercises that build brute strength. He rested as long as needed – sometimes up to five minutes – between sets of heavy exercises.

EXERCISE	SETS	REPS
Clean and press	5	5
Push press	3	6, 4, 2
Upright row	3	10, 6, 4
Lateral raise	3	10
Barbell curl	3	10
Overhead triceps extension	3	10

### ARNOLD GOES HOLLYWOOD

Different roles required different conditioning. As Conan, Arnold needed to craft a harder, more rugged look. As Dutch in *Predator*, his arms were emphasised by cut-off military jackets.





## ARNOLD'S WORKOUT TODAY

The exercises are done as a circuit; the number of circuits depends on how much time he has. He rests two minutes after the calf raise, and after the circuits finishes with the Swiss ball crunch.

EXERCISE	SETS	REPS
High-intensity intervals	*	*
Bench press	-	15
Lat pulldown	-	15
Lateral raise	-	15
Lawnmower row	-	15
Barbell curl	-	15
Single-leg calf raise	-	15
Swiss ball crunch	1	20

\* Use an exercise bike or elliptical machine. Work hard for 30 seconds, then go easy for 30 seconds. Repeat for 10 minutes.

In 1997, Arnold underwent open heart surgery to repair a defective valve, and doctors cautioned him to reduce the intensity of his training going forward. In 2003, he needed shoulder surgery after an accident on the set of *Terminator 3* – the shoulder was operated on again in 2012.

As governor of California from 2003-2011, Arnold relied more on cardio, for heart health and to burn off fat. Though age and injuries have tempered

his weight training in recent years, as his latest movies and paparazzi photos show, he's still in incredible shape – and shockingly muscular for a man of 68 years. He still performs many

of his own stunts, and commits to performing some physical activity every day.

"My dream now is to live forever," he told us. "But I doubt it." Then he let out a big laugh. **M&F**





A black and white photograph showing two men in dark suits and ties seated on a ship's deck. They are looking out towards the sea. A thick, light-colored rope railing runs horizontally across the foreground, partially obscuring the men. The background is a vast, calm sea under a pale sky.

**PRESENTS**

# GREATEST -OF ALL TIME-

# MUHAMMAD ALI

**WASN'T JUST THE GREATEST BOXER OF ALL TIME**

# HE WAS THE GREATEST EXAMPLE

—OF WHERE A MAN'S LIFE CAN LEAD WHEN HE COMBINES—

# SELF-BELIEF

★ ★ ★ W I T H A ★ ★ ★

**-TIRELESS-  
WORK ETHIC**

[illegible]

IT CAN CHANGE YOUR  
LIFE AND TRAINING TODAY

BE AS GREAT AS YOU POSSIBLY CAN BE WITH M&F'S SALUTE

# TO THE GREATEST

**WRITTEN BY**

**MATT**

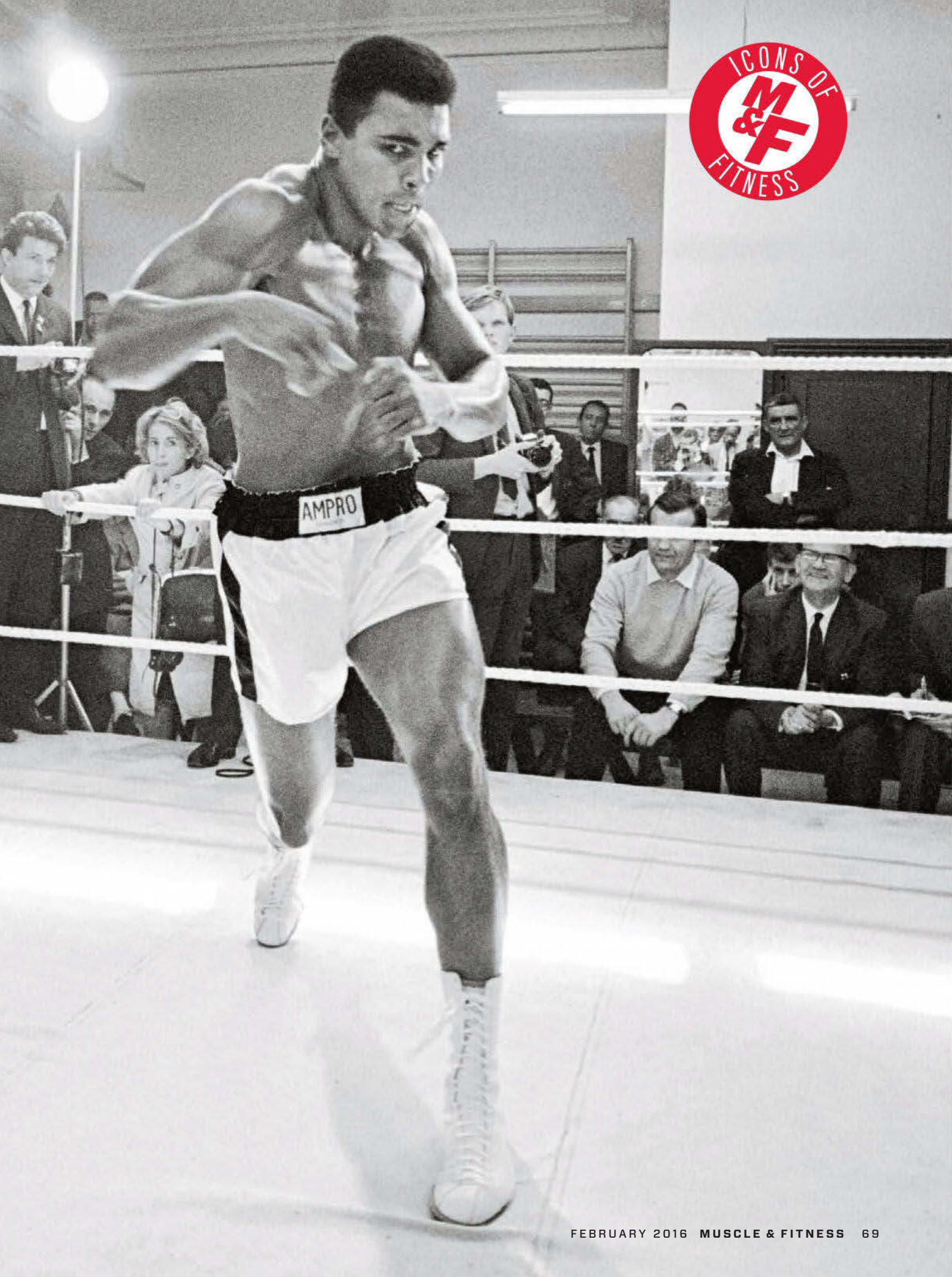
TUTHILL

AND

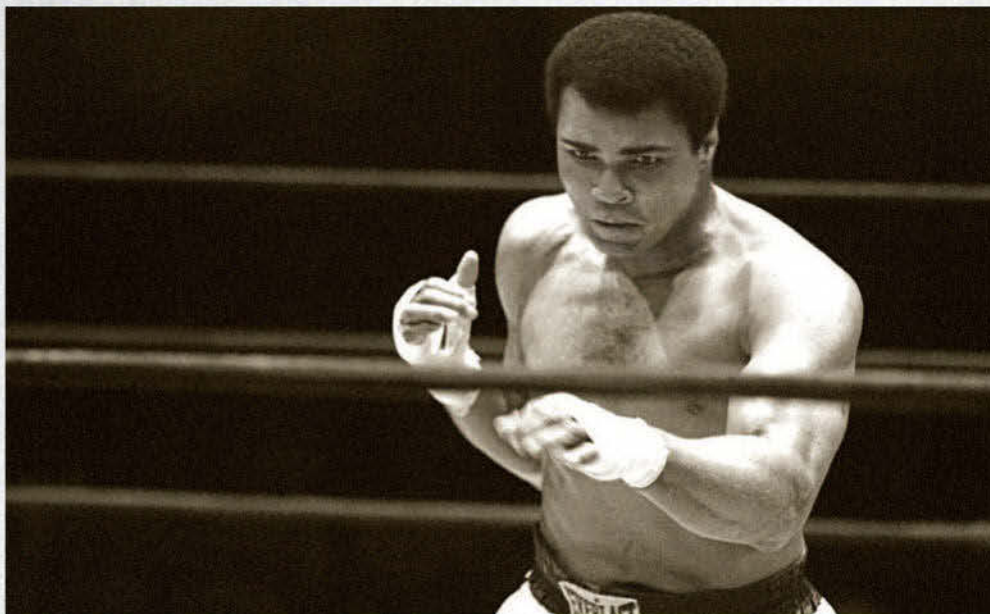
# DEHORITY

# SAM









# “I MUST BE THE GREATEST

It's nearly impossible to hear the name Muhammad Ali without a rush of timeworn images and quotes flooding our brains, so iconic is the man many boxing historians consider the greatest of all time. Close your eyes and you can see it, as clearly as if the photo were right in front of you: Muhammad Ali – then Cassius Clay – standing victorious in the centre of the ring, appearing to shout at a thoroughly beaten Sonny Liston. You can hear Ali, almost as if he were in the room with you, shouting at the top of his lungs, “I must be the Greatest!”

These recollections hold true whether you lived through his heyday or not, the sights and sounds of Muhammad Ali's career echoing through time more than 30 years after his last fight. Historians point to a number of reasons for this – his unorthodox fighting style, his outsize personality, his poetic trash talk, his stand against the Vietnam War. Which of these is most influential depends on your point of view, but the answer isn't nearly as important to us as a single incontrovertible truth: that

Ali could never have rewritten sports history if he had not been, above all things, a gym rat.

When you factor in how hard Ali worked behind the scenes (see his workout on page 74), you start to realise that his famous “trash talk” wasn't trash talk at all. When Ali said that he was the greatest fighter in the world, he was speaking from a place of earnest conviction – of belief so strong it manifested as reality.

If you believe in self-fulfilling prophecy – and all the greatest athletes do – then there has never been a better example to follow than that of Muhammad Ali. His success in the ring was born out of the perfect confluence of self-belief and determination. Along the way, he taught us that without a willingness to work endlessly when no one is watching, greatness cannot exist.

On the following pages we salute Ali, and take a look at the key reasons why he was, indeed, the Greatest.

CLOCKWISE FROM TOP LEFT: © MUHAMMAD ALI ENTERPRISE LLC, PHOTOGRAPH © GEORGE KALINSKY (2)



Ali knocks down Cleveland Williams in '66.

# WHAT MADE MUHAMMAD -ALI- GREAT

We asked sportswriter **Bob Lipsyte**, the author of the book *Free to Be Muhammad Ali*, what made Ali so great and why, more than 30 years after his last fight, he still occupies such a hallowed place in the collective consciousness of the world. Lipsyte, who covered Ali's first fight with Sonny Liston for *The New York Times*, could have given us 1000 reasons, but narrowed it down to this top 10.

## 1 HE DOMINATED IN THE RING

"When he said, 'If you give me any jive, I'll knock you out in five,' he meant it. He very often carried for a couple of rounds somebody he could have knocked out in three. **He wanted to create a show.** That, plus the fact that the fights were pay TV, and first-round knockouts were not really good for the game."

## 2

### HE WAS A PHYSICAL SPECIMEN

"Ali was big and he was incredibly fast. His footwork and hand speed were amazing. He had tremendous physical attributes. He was 190cm and 95kg, which meant that **he tended to be bigger than most of the heavyweights of that era.**"

# EST!"



## 3

### HE CHALLENGED THE SPORT'S CONVENTIONS

"Ali had an enormously unorthodox technique. The traditional boxing in those days was bobbing and weaving, which basically meant moving your head from left to right, to let the punches go over your shoulder. What he did was to lean back, which traditional boxing and media people thought would get you killed. He not only made it work, he dominated with it."

Ali backs away from a Sonny Liston jab during their '64 bout.

## 4

### HE TRANSCENDED BOXING

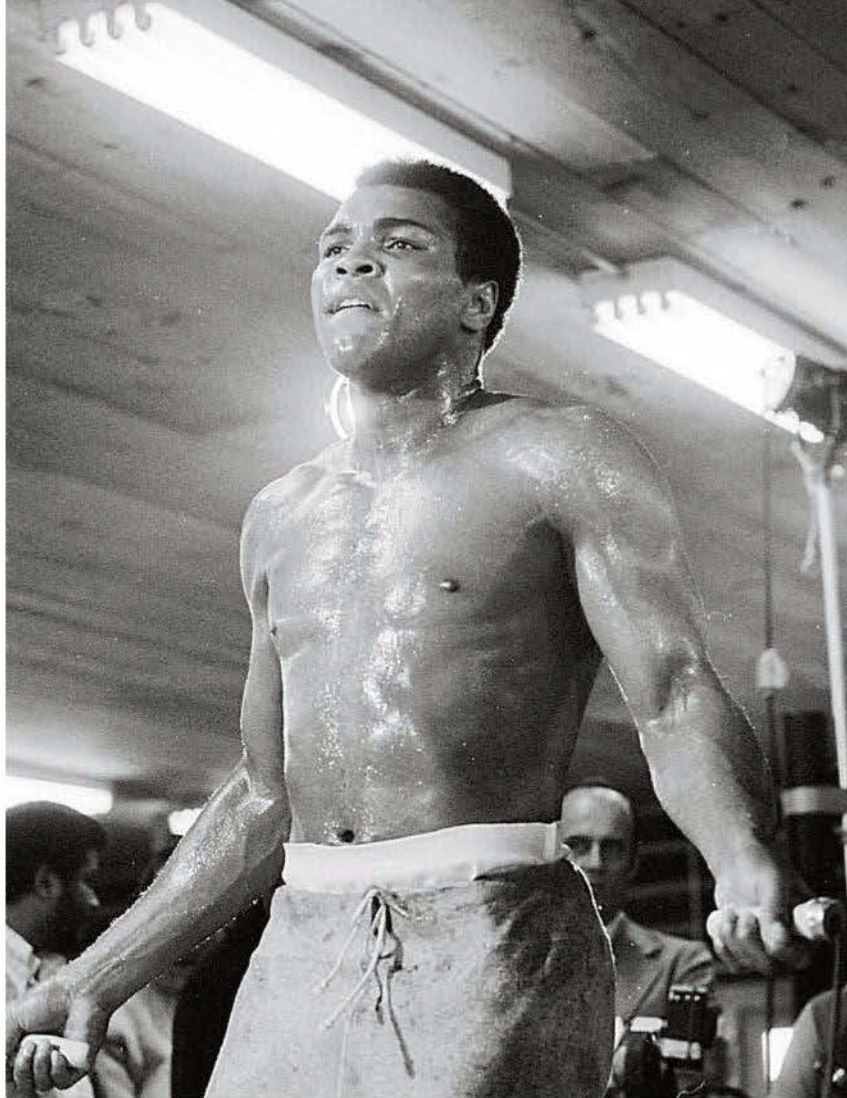
"For a brief number of years, his was **the most recognisable face on the planet.** You could go to Africa and there were kids wearing shirts with his face on it."



# 5

## HE TRAINED LIKE A MAN POSSESSED

"A lot of people don't realise that Ali took a lot of punishment in the gym. I don't think he necessarily took that much punishment in the ring. **Here was a kid who, ever since he was 12 years old, was a major gym fighter.** That's why he wound up punch-drunk. He really got there early and stayed late. Like all the great ones, he worked very hard. He had a terrific work ethic. Even when he was champion, he was one of the few celebrities in training who put on a head guard and let his sparring partner have at him."



# 6

## HE MADE SACRIFICES FOR HIS BELIEFS

"He was exiled: for three and a half years in his late 20s, he couldn't fight [because he'd refused induction into the army to fight in Vietnam on account of his religious beliefs]. By the time he came back in 1970, the attitude toward the Vietnam War was almost totally negative, and civil rights had made enormous strides, so everything he'd said was coming to pass. It was perceived that **he'd sacrificed millions and millions of dollars for his principles,** so people started to say, 'OK, he paid his dues'."

CLOCKWISE FROM TOP: © MUHAMMAD ALI ENTERPRISES LLC, PHOTO BY KEN REGAN; KEYSTONE/GETTY IMAGES; AP PHOTO; HULTON ARCHIVE/GETTY IMAGES; HERB SCARFMAN/TIME LIFE PICTURES/GETTY IMAGES; © MUHAMMAD ALI ENTERPRISES LLC, PHOTO © GEORGE KALINSKY

"It's just a job. Grass grows, birds fly, waves pound the sand. I beat people up."



# MUHAMMAD ALI'S -10- GREATEST FIGHTS



**ALI vs. SONNY LISTON I**  
(1964)

Ali arrives by defeating "the Big Bear" in six rounds. Due to his **elevated heart rate** (120 bpm) during weigh-ins, doctors say Ali is scared to death. Later, he claims it was gamesmanship.



**ALI vs. SONNY LISTON II**  
(1965)

Ali defeats Liston in a disputed **first-round knockout**. The most enduring image of Ali is produced during this fight, with Ali shouting and standing triumphantly over Liston.



**ALI vs. CLEVELAND WILLIAMS**  
(1966)

Ali wins a decisive knockout victory, beating his adversary around the ring for seven minutes in a **near-perfect display of boxing prowess** before Williams hits the mat.



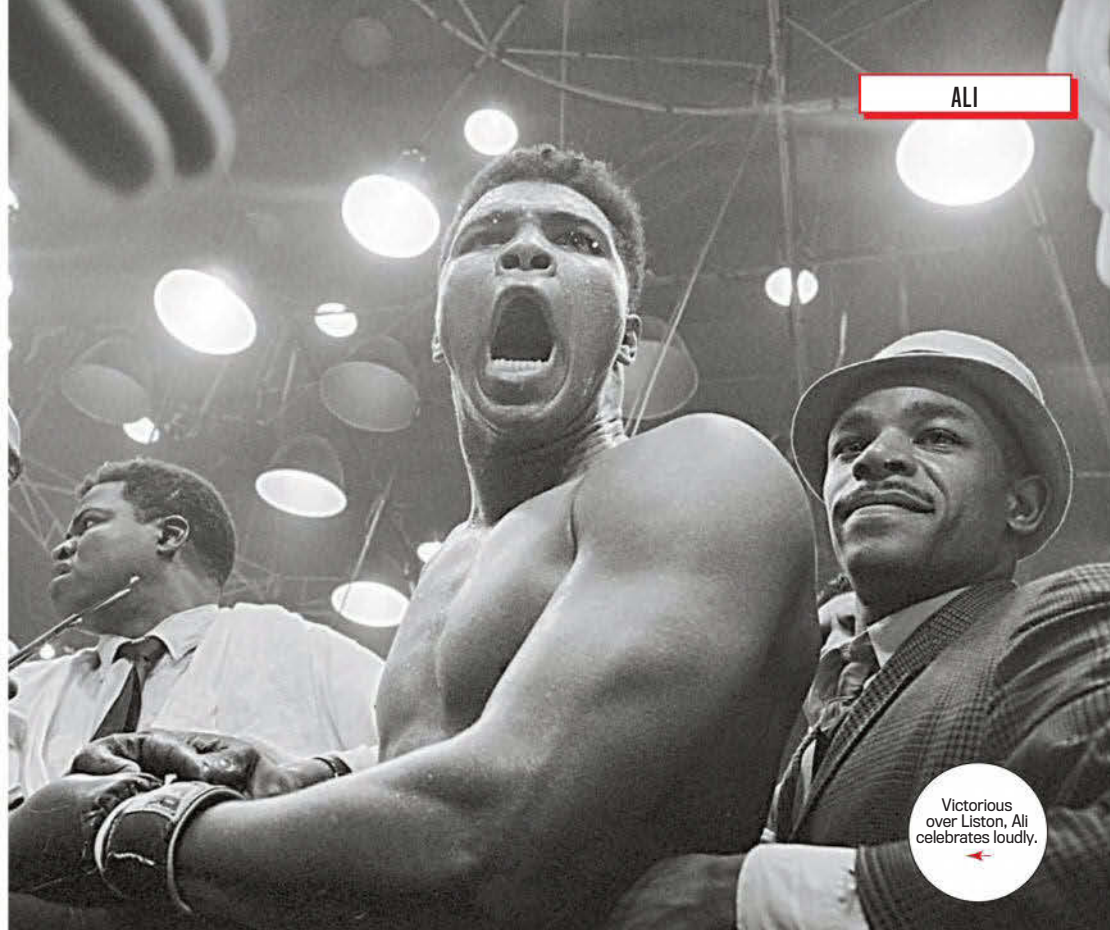
**ALI vs. ERNIE TERRELL**  
(1967)

Terrell refuses to call Ali by his adopted name of Muhammad, using "Cassius" instead, so the Greatest repeatedly asks his foe, **"What's my name?"** as he beats him in 15 rounds.

# 7

## HE LOST AND KEPT GOING

“He and Frazier had their big fight in 1971 [Ali lost by decision], and they really hurt each other. I think that in some way, Ali shedding blood, standing there and taking it, and showing that he was ‘a man’, was the final part of his redemption in America. Everyone was now satisfied. Ali had sacrificed money and his body, and those who hadn’t liked him could now accept him.”



Victorious over Liston, Ali celebrates loudly.

## 8 HE STAGED AN EPIC COMEBACK

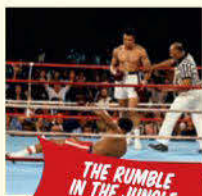
“It was generally thought that after the Frazier fight he would become an opponent, just a guy young boxers on the way up would have to beat to get a title shot. **Nobody ever thought that he would become champion again - but he did.** He fought for another 10 years and beat Frazier twice.”

“If you even dream of beating me, you’d better wake up and apologise.”



**ALI VS. JOE FRAZIER I**  
(1971)

Ali is stunned by the soft-spoken Frazier in the “Fight of the Century”, **his first professional loss.** It turns out to be only No. 1 in a trilogy of legendary fights between the two men.



**ALI VS. GEORGE FOREMAN**  
(1974)

Ali employs the now-famous rope-a-dope technique - lounging on the ropes and enticing his opponent to lay into him - to tire out the slugger and **knock him out in eight rounds.**



**ALI VS. CHUCK WEPNER**  
(1975)

Ali expects a cakewalk, but the relative unknown Wepner from New Jersey goes 15 rounds with the Greatest, **inspiring Sylvester Stallone to write the screenplay for Rocky.**



**ALI VS. JOE FRAZIER III**  
(1975)

Ali comes out victorious in one of the most-hyped fights ever - the “Thrilla in Manila” (held in Quezon City, Metro Manila, the Philippines) **after 15 gruelling rounds.**



**ALI VS. EARNIE SHAVERS**  
(1977)

Ali wins a unanimous decision, but not without cost. Shavers batters him badly, and Ali later says **Shavers was the hardest puncher he ever faced.** Ali fought four more times before retiring.



**ALI VS. LEON SPINKS II**  
(1978)

Ali **reclaims his world heavyweight title** in a unanimous decision over Olympic gold medalist Spinks, who stripped him of it in February of that same year.



# 9 HE BROKE THE MOULD

"When Ali won the title in 1964 – a few months after JFK was shot – the Beatles had just arrived in America, the Vietnam War was cranking up, and so were the anti-war and civil rights movements. You had the beginning of sit-downs, and black kids getting beaten up for sitting at water fountains. The country was pulling apart, and here was this guy who was willing to go up against the Man, who was the prince of young black men. Being stripped of his title and boxing licence in the prime of his career – I can't see any modern athlete doing something like that. **He became a lightning rod**, one of the most important social figures of his time."

# 10 HE INSPIRED PASSION

"Everyone had an opinion of Ali. There was no one who didn't care either way. He inspired passion, **so you loved him or hated him**. And it didn't break down only black and white. A lot of black people despised him, considering him loud and crass and lower class. And he stuck up for a lot of white college kids who were anti-war. People really attached themselves to him."

## —TRAIN LIKE— MUHAMMAD ALI

According to Jim Dundee (the son of Ali's legendary trainer, the late Angelo Dundee) Ali performed the following workout six days a week. Dundee observed Ali's training sessions for more than a decade beginning around 1960, and could easily recall the typical order of the training sessions.

### —THE— WORKOUT

#### 6am/SUNRISE

Run 3 miles (4.8km)

#### 11am Arrive at gym

#### SHADOWBOXING

in the mirror, 15 minutes' warm-up

#### SKIPPING

8-10 rounds (3 minutes on, 1 minute off)

#### SPEED BAG WORK

5-7 rounds (3 minutes on, 1 minute off, hitting the bag hard at the end of each round)

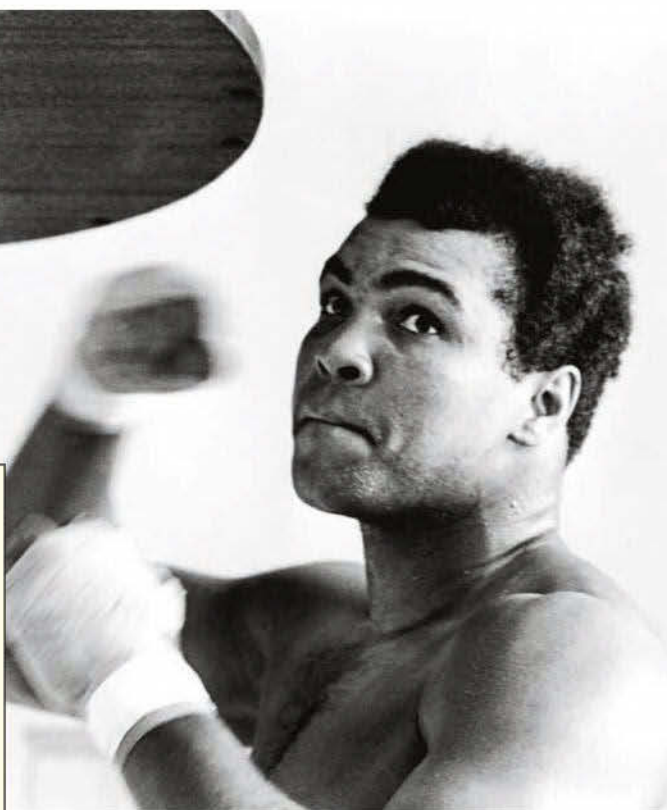
**HEAVY BAG WORK** 8-10 rounds (3 minutes on, 1 minute off – hit the bag hard for the final 30 seconds of each round)

#### SPARRING

3-10 rounds

#### CALISTHENICS

1 hour



## DUNDEE SAYS:

"Dad would meet him at a golf course and run with him. After that, Muhammad would go home for a nap. Later, he'd go to the gym from 11 to three. It was four hours every day, six days a week, pretty steady. And you have to remember, a lot of the time he'd run to the gym and then run home afterwards, too – and he lived at least two miles [3.2km] away. He loved to train, and he loved the gym, it was a second home to him. As a kid, I was just so blown away by how gracefully he did this stuff. He had a wonderful gift. Dad had a lot of great boxers, but Muhammad wasn't just a great boxer. He was a great human being." **M&F**

### THE REST OF THE BEST

## THE 10 GREATEST BOXERS OF ALL TIME

### 1. MUHAMMAD ALI

#### 2. SUGAR RAY ROBINSON

The legendary middleweight is considered the best pound-for-pound champ by many historians.

#### 3. JOE LOUIS

The heavyweight champ from 1937 to 1949, Louis retired with a record of 69-3, including 57 knockouts.

#### 4. HENRY ARMSTRONG

Simultaneously held three world championships in 1938, the only boxer to ever do so.

#### 5. WILLIE PEP

Fought in an astounding 241 bouts during his 26-year career, winning 229 times.

#### 6. MARVIN HAGLER

Went undefeated for a 10-year stretch from 1976 to 1986, and successfully defended the middleweight championship 12 times.

#### 7. BENNY LEONARD

One of the fastest fighters of his era, Leonard held the world lightweight championship title for nearly eight years.

#### 8. JACK JOHNSON

The first African-American world heavyweight champion.

#### 9. ROY JONES JR.

Won championships in four weight classes: middleweight, super middleweight, light heavyweight and heavyweight.

#### 10. FLOYD MAYWEATHER

Now retired, champ "Money" Mayweather was undefeated as a professional and won 12 world titles. **M&F**



— JOIN —  
• OUR 8 WEEK •  
**HEALTHY LIFE**  
— CHALLENGE —

**OVER \$20,000 OF PRIZES** to be won\*,  
including **2 one-week trips** to **BALI** for a **BOOTCAMP**  
with health, wellbeing, fitness and nutrition  
expert **SHANNAN PONTON**

Contact your nearest participating Anytime Fitness club  
and **REGISTER NOW!**

[anytimefitness.com.au](http://anytimefitness.com.au)

*feel something better™*



\*For full terms and conditions see [anytimefitness.com.au/terms](http://anytimefitness.com.au/terms)









M&F

# STARTER'S GUIDE 2016

**Start working towards the body you've always wanted with this comprehensive six-week program. Training, nutrition, supplements - everything you need, nothing you don't.**

/// BY JOE WUEBBEN  
/// PROGRAM DESIGN BY  
JUSTIN GRINNELL  
/// PHOTOGRAPHS BY  
EDGAR ARTIGA



**W**hether you're a true beginner to lifting weights or a former gym rat finally getting back to business, your needs are fairly straightforward: find a program that's easy to follow, demanding enough to produce some size and strength gains to get you hooked for the long term, but not so intense that it burns you out. These early stages are also a time for establishing good habits in terms of how to perform foundational exercises, how to properly warm up, what to do for cardio and what to feed your body to enhance performance and recovery.

All of these critical elements are covered in the following six-week program, designed by strength coach and personal trainer, Justin Grinnell. Grinnell's program is everything the starter needs it to be: easy to follow, with tried-and-true principles that will produce gains in muscle size and strength that you'll likely begin to notice within a month. The program also addresses functional fitness, mobility, cardio, nutrition and supplements. Most importantly, this plan will lay the groundwork for more impressive results down the road. After all, this is just the beginning.

## Training overview

The *M&F* Starter's Guide is built around basic, foundational exercises because, well, that's what works. Multi-joint (compound) movements performed with free weights are what the biggest, strongest men in the world rely upon in their training, and these are the staples that any beginner should learn as well. In fact, there's not a machine to be found in this program – not because machines are worthless (they aren't), but because fundamental movements are best taught with body weight, barbells and dumbbells, and results will come quicker with these tools.

As you progress, you can introduce machines to further isolate and overload the muscles and even to work around any nagging injuries you may have. But for now, stick with what's written here.

"When starting a new workout program, focusing on the fundamentals is key," says Grinnell. "Pushing, pulling and squatting heavy weight is what it's all about. Throw in some arms, calves and abdominal work with the right amount of cardio and you have a solid workout plan."

Grinnell implements a four-days-a-week lifting schedule that utilises an upper-body/lower-body split – upper body on Days 1 and 3 (Monday and Thursday) and lower body and abs on Days 2 and 4 (Tuesday and Friday). This design, he says, provides the perfect dose of training stress to promote muscle growth and strength without hindering recovery. Training volume (total number of sets) is somewhat modest in this program to keep the beginner from overdoing it. To promote cardiovascular conditioning and fat burning,



cardio workouts are prescribed three days a week. (See cardio section on page 86.)

As just mentioned, the exercise selection is supremely straightforward on purpose. Likewise, the set and rep schemes Grinnell prescribes are equally tried and true. You'll get a heavy dose of strength training via the classic 5x5 protocol (five sets of five reps) balanced out with sets in the hypertrophy sweet spot of eight to 12 reps (and up to 20-plus reps on certain movements). This approach will have you experiencing noticeable gains in both muscle size and strength, provided proper nutrition is adhered to. (See nutrition section on page 85.)

# STARTER'S GUIDE PROGRAM:

## DYNAMIC WARM-UP

Begin every workout with this quick, simple warm-up to prime the body for the ensuing lifting session. "For starters and veterans alike, a warm-up is essential," says Grinnell. "It prepares your muscles, joints, tendons and ligaments, increases core temperature, improves joint mobility and activates the nervous system."

Perform these exercises in circuit fashion for a total of two rounds:

EXERCISE	REPS
Spiderman with rotation	5 per side
Body-weight squat	10
Push-up	10
Lateral lunge	5 per leg
Jump rope	1 min



### LATERAL LUNGE

From a standing position with your hands in front of you, take one long stride to the right, keeping your left leg straight (pictured at top). Drop your hips so that your right thigh is parallel to the floor. Return to the starting position and then switch sides (pictured at bottom).



### Spiderman with rotation

From a push-up position, bend your right knee to bring your foot forward and plant it just outside your right hand. Lift your right hand off the floor and keep your left hand down. Open up your chest and reach to the ceiling until you feel a stretch. Repeat all reps to that side, then switch.



## LIFTING DAYS

For each **A** and **B** exercise pairing, go back and forth between the two moves one set at a time – similar to a superset, only with full rest between exercises.

### Day 1: Upper body

EXERCISE	SETS	REPS	REST
1A Barbell bench press	5	5	2-3 min
1B Barbell bentover Row	5	5	2-3 min
2A Dumbbell overhead press	3	5	1-2 min
2B Pull-up	3	5	1-2 min
3A Bench dip	3	5	1-2 min
3B Barbell curl	3	5	1-2 min

#### Bench Dip

Face away from a bench and set your hands on it with your feet flat on the floor. Slowly lower your body until your upper arms are parallel to the floor, then push back up. You can increase the difficulty by elevating your feet on another bench.



#### STANDING BARBELL OVERHEAD PRESS

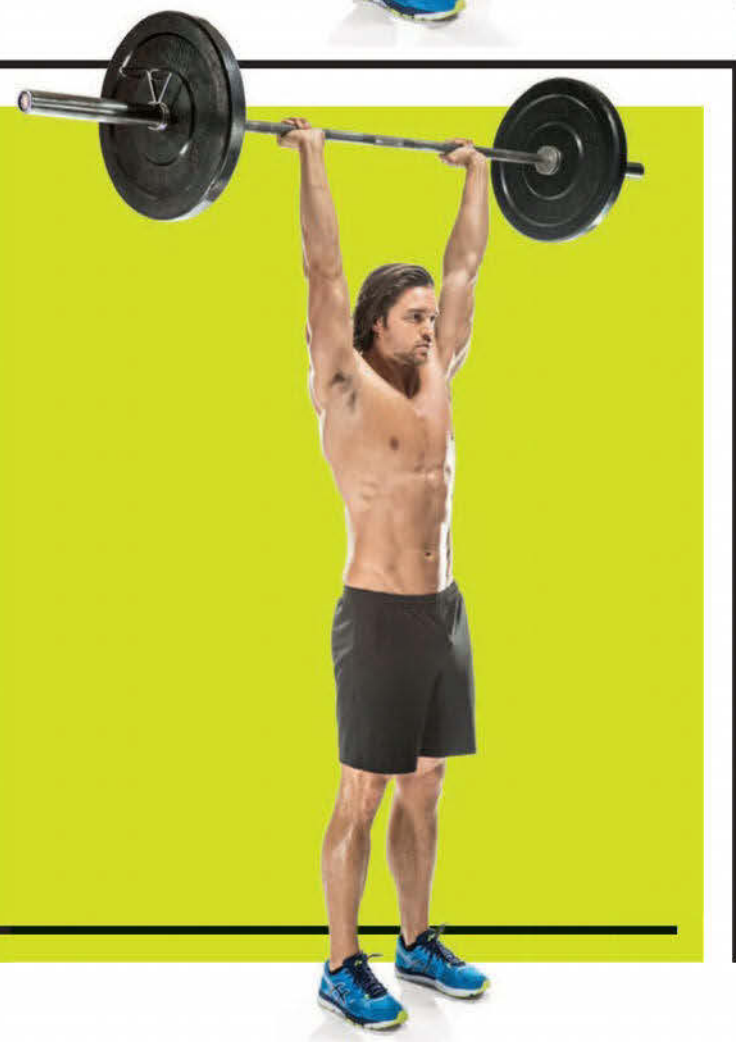
Stand holding a loaded barbell across your front delts with a shoulder-width grip. Keeping your core tight and chest facing forward (don't let it tilt upwards), press the bar overhead until your arms are fully extended. PERFORMED ON DAY 3, PAGE 83.





## Barbell curl

Stand holding a bar with your arms fully extended and palms facing forward. Bend your elbows to curl the weights up, keeping your elbows in tight to your sides throughout. Squeeze your biceps in the top position. Reverse the motion to return to the arms extended position.





Day 2: **Lower body, abs**

EXERCISE	SETS	REPS	REST
1A Goblet squat	3	8*	2-3 min
1B Hanging leg raise	3	10	1-2 min
2A Romanian deadlift	3	12, 10, 8	2-3 min
2B Standing calf raise	3	20, 15, 10	2-3 min
3A Walking lunge	3	10 per leg	1-2 min
3B Lying leg curl	3	10-12	1-2 min

\*Perform each set as a dropset. For example, do eight reps for the first set of goblet squats with your estimated eight-rep max. Then, immediately drop the weight about 20-30% and do eight more reps. Repeat one more time – that's one set. Do this two more times with two to three minutes' rest between each.



2

**Goblet squat**

Hold a dumbbell or kettlebell just below your chin in a standing position. Bend your knees to squat straight down until your thighs go past parallel with the floor. Extend your hips and knees to return to the standing position, keeping your core tight and torso upright throughout.

## Day 3: **Upper body**

EXERCISE	SETS	REPS	REST
1A Standing barbell overhead press	4	8-12	1-2 min
1B One-arm dumbbell row	4	8-12	1-2 min
2A Lat pulldown	4	8-12	1-2 min
2B Incline dumbbell press	4	8-12	1-2 min
3A Dumbbell hammer curl	4	8-12	1-2 min
3B Lying dumbbell criceps extension	4	8-12	1-2 min

**NOTE:** on the last set of each exercise, perform two rest-pauses. For example, on barbell overhead presses, rack the weight after your fourth set and rest 15 to 20 seconds, then perform as many reps as possible with that same weight. Repeat this one more time for a total of two rest-pause sets.

### **One-arm dumbbell row**

With one knee and the same-side hand on a bench, hold a dumbbell in the other hand with that arm extended straight down, torso parallel to the floor. Contract your back muscles to pull the dumbbell up to your side. Repeat for reps, then switch arms.



### **Incline dumbbell press**

Grab two dumbbells and lie back on an incline bench set to 30 to 45 degrees. Start with the weights just outside your shoulders, then push them straight up until your elbows are just shy of lockout. Lower them back down under control.





## Day 4: Lower body, abs

EXERCISE	SETS	REPS	REST
1A Barbell squat*	5	5	2-3 min
1B Stiff-leg deadlift*	5	5	2-3 min
2A Seated calf raise	3	10-15	1-2 min
2B Reverse crunch	3	10	1-2 min
3A Farmer's walk	3	35-45m	1-2 min

\*Perform two to three warm-up sets before your first working set and then start with a moderate weight for your first set of five reps. Slowly increase weight each set until you reach a tough five reps on your last set.



### FARMER'S WALK

Find an open stretch of floor space. Grab a relatively heavy pair of dumbbells and hold them at your sides, arms fully extended. Walk with short, choppy steps, making sure not to lock out your knees at any point, for the prescribed distance (35 to 45 metres).

1



### Romanian/stiff-leg deadlift

These sibling variations of deadlift are distinguished by some key technique cues: "With Romanian deadlifts, there's a bigger bend in the legs and the bar just passes the knees [shown]," says Grinnell. "With stiff-leg deadlifts, the legs stay almost fully straight, and the plates touch the floor."

2



# STARTER'S GUIDE NUTRITION:

## FOUR FOOD FUNDAMENTALS BY JUSTIN GRINNELL

You don't need a perfect diet to see results, and trying to completely overhaul your entire nutrition regimen from Day 1 – while also starting a brand-new training routine – is too much, too soon for most people. For the next six

weeks, make the following four areas your primary goals. As you adopt these foundational healthy habits successfully, continue cleaning up your diet gradually from there.

### FOOD FUNDAMENTAL NO. 1:

#### **Eat at least one gram of protein per half kilo**

With the increased stress on your body from the new workouts, your body is going to need a steady flow of amino acids from protein to help repair and grow muscle tissue. Focus on getting 1g protein per half kilo of body weight every day, primarily from chicken, fish, red meat, eggs and protein powder. If you weigh 100 kilos, shoot for 200 grams (or more) of protein daily. Simple.

### FOOD FUNDAMENTAL NO. 2:

#### **Drink 3.75 litres of water each day**

Your body is primarily made up of water, especially your muscles. By consuming an ample amount, you'll improve your energy and recovery, fuel your body and stay mentally sharp.

### FOOD FUNDAMENTAL NO. 3:

#### **Eat a vegetable or fruit at each meal**

This is something that everyone has told you to do for years, and for a good reason. As an active person, you have an increased demand for vitamins, minerals, fibre and phytonutrients from plants. Aim for three to five servings of vegetables and two to three servings of fruit every day.

### FOOD FUNDAMENTAL NO. 4:

#### **Don't be afraid of carbohydrates**

Many popular diets advise eating a low amount of carbohydrates to improve health. But a hard-training individual, who needs sufficient glycogen for energy and recovery, has greater carbohydrate needs than a sedentary person. As you start a workout regimen, your

body will be changing rapidly, and so will your energy demands. This doesn't mean to eat as many carbohydrates from any source you want. Rather, focus on eating four grams of carbohydrates per kilo of body weight to gain weight and two grams per kilo to lose fat, coming from potatoes, rice, fruits, vegetables and sprouted grains. Adjust your intake as needed.

#### **BODYBUILDERS DON'T JUST NEED PROTEIN**

Include fruit or vegetables in every meal or snack to ensure you're getting all the nutrients you need.





## STARTER'S GUIDE CARDIO WORKOUTS:

Generally speaking, today there are three forms of cardiovascular training that are prevalent: steady-state cardio (continuous activity for a long duration at a relatively low intensity); high-intensity interval-training, or HIIT (high-intensity bursts alternated with low-intensity “active recovery” or full rest); and metabolic conditioning, or “metcon” (made popular by CrossFit; high-intensity work incorporating all varieties of exercises and rep schemes and often prescribing no formal rest periods).

So which form of cardio should you be doing? That’s a debate that rages on daily in gyms across the country and on social media and internet message boards, typically in a rather passionate

manner. “Truth is, they all work,” say Grinnell. “It just depends on your goals at the time as to which way you sway more. As a beginner, it’s beneficial to do all three so your body feels its different energy systems, and you can find what works best for you.”

That said, Grinnell strongly suggests performing the following three cardio/conditioning sessions each week. These can be done on non-lifting days (Wednesday, Saturday and Sunday if you lift Monday, Tuesday, Thursday and Friday); or after lifting sessions (Cardio Workout 1 in the same session as the Day 1 lifting workout, and so on).

Note: if you’re performing a cardio workout on an off day, perform the dynamic warm-up before the workout.



### Ball slam

Hold a med ball overhead and rise onto your toes. Explosively slam the ball into the floor, catch it on the rebound, then start the next rep.



### BURPEE

From a standing position **(1)**, quickly drop to the floor **(2)** and perform a push-up, then pop back onto your toes **(3)** and finish the rep with a jump **(4)**. Perform all reps in the set continuously.

## Cardio workout 1: High-intensity interval training (HIIT)

Using the treadmill, bike or rowing ergometer, go at an easy pace for two to five minutes to get a feel for the movement. Then perform eight rounds of 30 seconds as fast as possible followed by 30 seconds of rest. If HIIT is new to you, you can increase your rest intervals to 60 seconds and/or reduce the work interval, moving towards the prescribed 30 on/30 off prescription.

## Workout 2: Steady state

Perform 20 to 60 minutes of moderate-intensity cardio (about 140 to 180 heartbeats per minute) on a bike, treadmill, elliptical or other machine or activity of your choice. If you're deconditioned, start at 20 minutes and add five to 10 minutes each week.

## Workout 3: Metabolic conditioning ("Metcon")

Perform as many reps and rounds of the circuit at right as possible in six minutes. Add one minute every two weeks as you improve your conditioning until you reach 10 minutes.

EXERCISE	REPS
Ball slam	10
Burpee	10
Body-weight squat	10
Push-up	10
Inverted row	10 



THIS  
IS  
ME!!!

JANUARY 2016

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

✓

✓

✓

7

2



# NEW YEAR'S RESOLUTE

**No matter how ambitious your plans for 2016, we've got expert tips to help you stay the course.**

BY AMY SCHLINGER

**T**he two most common New Year's resolutions people made last year were to stay fit and healthy, and to lose weight, according to a Nielsen survey. As concepts, they're excellent. As goals, they're amorphous and immeasurable. A better approach would be to name a specific objective (or objectives) that you plan to complete in the coming weeks or months, such as lose five kilos, complete an Ironman or boost your deadlift 1RM by 25 percent. Doing so would lead you to a conclusive outcome when your deadline arrives – either you succeeded or you didn't. Still, while having a defined goal is a good start, the odds of success hinge on a willingness to embrace change and shun inertia. "Our brains are extremely effective in managing the status quo," says John Sullivan, clinical sport psychologist, applied sport scientist and founder of Clinical & Sports Consulting Services. "However, we also have an outstanding ability to change – also known as self-directed neuroplasticity. Relying upon rituals and having plans when roadblocks develop will allow for more consistent progress."

And roadblocks will develop, which is why we came up with a list of ones you might encounter en route to the finish line. More importantly, we asked experts for advice to help you avoid them.

#### RESOLUTION:

#### **BECOME A MORNING PERSON**

**BENEFIT:** hitting the weights before work removes schedule conflicts and frees up your evenings to socialise and/or fight crime.

**SETBACK:** you habitually stay up too late and get touchy-feely with the snooze button.

**THE FIX:** recruit a reliable and dedicated workout partner, or pony up for group classes or a personal trainer to provide a financial incentive to show up on time. "It's easy to cancel on yourself, but it's not as easy to back out on someone who's waiting for you in the weights room," says trainer Rob Sulaver.



**RESOLUTION:****NEVER MISS A WORKOUT**

**BENEFIT:** obvious – you'll get huge and shredded!

**SETBACK:** things like work obligations, family emergencies or the zombie apocalypse are bound to pop up unexpectedly.

**FIX IT:** reword your goal. Tell yourself that you'll never miss out on getting to the gym four or five times per week. Tweaking the exact schedule might be necessary. "People fail to understand that consistency will help them achieve their desired outcome," says chef and former bodybuilder Carlo Filippone, CEO of Elite Lifestyle Cuisine. "Missing a workout or having a few bad meals is not the end of the resolution – it's just a missed workout or a bad meal."

**RESOLUTION:****FOLLOW YOUR PROGRAM TO A "T"**

**BENEFIT:** never missing a set or rep will show you exactly how well your program works.

**SETBACK:** the January gym crowd does not respect your game plan.

**THE FIX:** always be ready to call an audible – especially if you train during the pre- or post-work gym rush. Save a handful of 15- to 20-minute bodyweight and high-intensity workouts on your smartphone to get you in and out during peak times. Also, know which moves to sub in if foot traffic prevents you from using certain equipment. For example, do goblet squats or kettlebell jump squats when the squat rack is taken.

PREVIOUS SPREAD: COREY JENKINS/CORBIS; ARTIGA PHOTO/CORBIS; THIS SPREAD: COREY JENKINS/CORBIS; EISING STUDIO/STOCKPOD; CORBIS IMAGES (2)



## RESOLUTION: EAT CLEAN 24/7

**BENEFIT:** you'll be less inflamed, consume more nutrients and enjoy bigger gains.

**SETBACK:** a monochromatic diet gets old fast and can create powerful cravings to cheat.

**THE FIX:** expand food variety and enhance flavours using healthy seasonings like ginger, turmeric, hot chilli powder, Sriracha and other herbs and spices that are low in carbs or sugar. "Make meals memorable and something you crave, or else you'll be quick to crave unhealthier things," explains dietitian Leslie Bonci. "Eating should be an enjoyable occasion instead of a 'hurry up and eat since I don't like this anyway' scenario. You won't be successful if you don't have flavour in what you do, both in life and your diet."



## RESOLUTION: GET YOUR SIX- PACK BACK

**BENEFIT:** you'll be forced to reevaluate your diet and eliminate the junk.

**SETBACK:** after two weeks of training hard and dieting you're not nearly as shredded as you expected to be, so you start cheating more because, well, why not?

**THE FIX:** be patient. "People often fail to understand that you can't take off in one week what you've put on in 10 months," says Filippone. Don't think of success in such absolute terms, either. If you slip once or twice out of 20 meals, you're still doing well. "That's a 90% success rate," Filippone says.



## RESOLUTION: STOP BUYING JUNK

**BENEFIT:** no junk in the fridge translates to less junk in the trunk.

**SETBACK:** you forgot to toss out the holiday leftovers – and booze. Grazing on them creates a domino effect that ends with your resurrecting old eating habits.

**THE FIX:** "Clear the clutter," advises Bonci. It's not enough to swear off new purchases of crappy food if you've still got a fridge and freezer full of crap. "Even though you packed your Christmas cakes away in the freezer so they're not sitting out for easy munching, the plan is to stay away from empty calories – so why are they in there at all?" **M&F**







**JUST  
STOP  
IT!**

**THE TOP 24 MISTAKES TO  
STOP MAKING IN 2016**

**T**hey say that doing the same thing over and over again and expecting different results is the definition of insanity. So while it's true that you work hard for your health and fitness, there could be something – or some things – that are standing in the way of your progress. And you'd be crazy not to want progress, right?

So, to help you get started on a fresh track this new year, we've compiled some of the most common training and nutrition gaffes that men often make and show you how to diagnose – and fix – them.

## TRAINING MISTAKES

### TRAINING MISTAKE #1 LIFTING TOO MUCH WEIGHT

There's no shame in wanting to lift as much weight as humanly possible, but it won't do you much good if you get hurt, says Tom Holland, exercise physiologist and author of *The 12-Week Triathlete*. "Being attached to the numbers is more of a workout for your ego than anything else," he says.

**FIX IT** Instead of busting out the calculator app on your iPhone to add up all that poundage, ease up and focus on the quality of the movement instead, Holland suggests. "Keep in mind that gains happen during the eccentric (stretch) portion of the lift – plus you'll be less likely to injure yourself." Use a two-second up (concentric) and five-second down/stretch (eccentric) focus so you control the weight the entire way – and use a weight that works within this range for you.

### TRAINING MISTAKE #2 TRAINING ONLY FOR STRENGTH

While broga (yoga for blokes) might be a thing, you won't find

many Downward Facing Dogs in weight-training gyms. But completely neglecting all forms of stretching creates an unbalanced workout. "You don't want to be only in any one camp, be it all cardio or all strength or even only P90X or CrossFit," says Holland.

**FIX IT** Stretching, Pilates or yoga creates a good mix and helps keep your overall workout balanced, says Holland. "It's also good to do one workout a week that you don't like, but you know is good for you." Try a yoga class or, at a minimum, incorporate stretches at the end of each workout to stay flexible. Check out page 20 for more on how yoga can help your strength training and performance.

### TRAINING MISTAKE #3 TRAINING ONLY THE MIRROR MUSCLES

If you can't flex it in the mirror, why bother, right? There are a few things wrong with this way of thinking. For one, this typically means you're neglecting your posterior muscles, says Holland.

**"Doing biceps and chest and all the forward, pushing muscles creates an imbalance with an inadequate number of pulling moves." In other cases, an imbalance occurs by working out only your upper body and ignoring your legs.**

**FIX IT** Make it a point to work all the muscles, not just the ones you can see or can flex, says Holland. "Plan an upper body workout three times a week and legs and lower body twice a week. Or work your entire body two to three times a week."

### TRAINING MISTAKE #4 LACKING A FOCUS ON LONG-TERM GOALS

Too often, a man starts a program and, two weeks into it, reads an article about how Mr Olympia trains shoulders and immediately changes his own training program, says sports conditioning expert Neal Pire. "You limit results when you don't stick with something long enough."

**FIX IT** You need to develop a program based on your specific and realistic goals, Pire says. "Follow basic training principles like progressive overload, a gradual increase in weight, and select exercise you can perform safely and effectively. Then, stick to your plan until it's time to reassess your progress and make appropriate changes."





### TRAINING MISTAKE #5 WORKING OUT LIKE IT WAS 10 YEARS AGO

If you're doing the same workout in your thirties or forties as you did in your twenties, you need to take a step back and see if it's really working for you, says Holland. "The body doesn't recover as fast as you get older. You may find yourself with more injuries, but you'd like to deny it's your workout that's causing the problem."

**FIX IT** Review your fitness routine every five to 10 years. "Look at what's risky and be honest with yourself," suggests Holland. "You may want to work towards getting back to the basics. Plyometric kettlebell swings at 40 may not work as well for you as they did in the past."

### TRAINING MISTAKE #6 NOT WORKING FROM THE INSIDE OUT

Core stability may be one of the most overused fitness terms in recent history, but without

core strength the rest of your workout suffers, says Pire. "A lot of guys do tons of arm work but without a focus on core stabilisation. If you don't have core stability you can't stabilise or control your shoulder girdle or hips, and your arms and legs can't perform effectively."

**FIX IT** Take time at the end of your workout (not at the beginning, as you risk injury by fatiguing core muscles first) to incorporate core exercises like planks and side planks. Start with 20 second-holds and work up to 60 second-holds.

### TRAINING MISTAKE #7 THINKING 100 REPS IS THE MAGIC NUMBER

Unlike your bank account, higher numbers aren't necessarily better when it comes to reps. "Like using too much weight, cranking out 100 push-ups or crunches is more for the sake of your ego and bragging rights than anything else," says Holland. High reps

predominantly use Type I muscle fibres, which also kick in during aerobic work and muscle endurance, but have limited effect on hypertrophy (muscle growth) or strength.

**FIX IT** Again it's quality over quantity, says Holland. Focus on using perfect form and keep reps in line with your goals. For strength gains, use weight you can lift for six good reps; use six to 12 reps for muscle growth and more than 12 for muscle endurance. Training for power requires the heaviest weights and only one to five reps per set.

### TRAINING MISTAKE #8 WORKING THE WRONG MUSCLES ON THE SEATED ROW MACHINE

Using a machine or performing a move incorrectly causes you to work muscles you may not want to focus on. For example, men often use the seated row machine by pulling back with the hands too much and forgetting to retract the scapula (shoulder blades), which puts emphasis on muscles other than the targeted back muscles (latissimus dorsi, rhomboids, etc), says exercise physiologist Dr Irv Rubenstein.

**FIX IT** Grasp the handles and keep your torso erect as you pull towards your abdomen. Focus on keeping hands relaxed as you squeeze your shoulder blades together and pause before slowly returning to starting position.

### TRAINING MISTAKE #9 SWINGING FOR MORE POWER ON THE LAT PULLDOWN

Winding up and swinging to pull down the lat bar may enable you to hoist more weight, but you're not working the muscles you think you are, says Dr Rubenstein.



"You use momentum of the hip/trunk extensors to start the pull. Then, due to the altered angle of the cable relative to the torso, you are no longer pulling down - you're essentially doing a horizontal row." As a result, you work the lower traps and rhomboids more than your lats.

**FIX IT** Start the seated lat pulldown by grasping the bar and leaning back slightly. Engage your core and maintain this position throughout all reps. Pull the bar down towards the upper chest without jerking or pulling your body backwards. Touch the bar to your clavicle (collar bone), pause and slowly return to starting position.

#### TRAINING MISTAKE #10 SWEARING BY THE ARNOLD PRESS

Sure, it looks impressive, but the Arnold press is more for show than effectiveness, says Dr Rubenstein. The move involves sitting with arms bent in front of you and dumbbells facing your shoulders; you then rotate your wrists and bring the weights into a traditional overhead press. "The arm rotation is not effective at any level and the weights are being pulled down by gravity, not to the sides where rotation of the forearms would then be resisted," he says.

**FIX IT** Stick with the traditional basic dumbbell overhead shoulder press - without the bells and whistles. Be sure to keep your tailbone tucked underneath you and avoid arching your back.

#### TRAINING MISTAKE #11 CHEATING ON LATERAL RAISES

If your lateral raises look like a combination shrug and raise, you're using too much weight. "Many guys use their upper traps when using heavier weight to raise the dumbbells to the desired level, while not yet having the strength of the rotator cuff muscles to

support the arm with those loads in the proper alignment," says Dr Rubenstein. In addition, bending the arms makes it easier to use more weight but stresses the rotator cuff muscles.

**FIX IT** Use a weight you can lift with proper form throughout the entire set. Keep elbows slightly flexed, raising upper arms together and ahead of the forearms, hands and dumbbells. Avoid jerking or swinging the dumbbells upwards, and be sure to lower them slowly and with control.

#### TRAINING MISTAKE #12 STRESSING THE LOWER BACK ON THE LEG PRESS

Loading up the leg press and then performing an extreme amount of bending is a recipe for serious lower back injury. "Bringing the plate too close forces extreme lower back, hip and knee flexion comparable to a deep squat," says Dr Rubenstein. Locking out the knees adds injury potential to the knee joint, as well.

**FIX IT** A knee angle of 90 degrees is plenty, says Dr Rubenstein. And for those with back issues, angle the seat further back. In general, keep knees aligned over the feet as you bring the plate towards you and push out to full extension without locking out your knees. Do not allow your butt to rise off the seat, your hip to roll off the back pad, or your heels to rise off the platform.



### NUTRITION MISTAKES

#### NUTRITION MISTAKE #1 AGGRESSIVELY CUTTING CALORIES

You're ready to get ripped at all costs. No sacrifice is too great. As a result, you decide to slash your caloric intake in half, expecting to transform your body in just a couple of weeks. Big mistake - not only is this completely unhealthy, but your body also isn't likely to reciprocate with the same dramatics.

**FIX IT** The reality is that aggressive cuts in calories can backfire, causing metabolism - your calorie-burning engine - to downshift into a lower gear. The

better approach is to create a mild deficit, eating 15-20 percent fewer calories on a daily basis. If you currently eat 3000 calories a day, for instance, reducing that to 2400-2550 calories will do the trick, creating a calorie shortfall without causing your metabolism to plunge.

Still, even moderate cuts such as these can become frustrating over time. After a couple of weeks, your metabolism can adapt and burn fewer calories on its own, which negates continual fat loss. One way around that is to take a day each week to go back to square one and eat the amount of calories you ate before starting your diet - in this case, 3000. The temporary increase actually interrupts the adaptation response, allowing the metabolism to continually burn at a higher rate.



## NUTRITION MISTAKE #2 COMPLETELY ELIMINATING FAT

Zero anything is dangerous in the nutrition world: zero-carb, zero-fat and zero-cholesterol diets are all fads that should be avoided, particularly by aspiring bodybuilders. Controlling calories by slashing bad dietary fats such as butter, gristly meats, chicken skin and fried foods is one option. Taking a good thing too far, however, many eliminate nearly all dietary fat and try to chisel their bodies with fat-free sources of protein such as white fish, egg whites and protein powder. Since there's barely any fat in most carbohydrate foods and vegetables, where you'd pick up the remainder of your calories, these types of diets are essentially "fat-free." The big pitfall is that zero-fat diets compromise testosterone levels, which can disrupt the body's ability to retain metabolic-boosting muscle while dieting. In short, when testosterone levels fall, the metabolism slides right along with it.

**FIX IT** The better route is to include egg yolks (at a ratio of one whole egg for every 3-4 egg whites) in your diet and eat lean beef on a daily basis. Both provide cholesterol, common to saturated fat, which supports testosterone production.



You should include higher-fat fish such as salmon, tuna or trout a couple of times a week as well. They contain special fats called omega-3 fatty acids, which not only help fight muscle inflammation but are thought to be components that actually help the body make more efficient use of fat.

## NUTRITION MISTAKE #3 ABANDONING CARBS

While lower-carb diets certainly aid in the shedding of body fat, you don't want to cut out carbs completely. Your body needs carbs to function properly. And, while carbs themselves don't build muscle, they do speed up the process. So, rather than go completely carb-free, it's better to watch the selection and manipulation of your carbohydrate consumption.

**FIX IT** Try slashing carbs at all meals – outside of breakfast and your post-workout meal, that is. Those are the two times of day when carbs are critical to muscle growth. At breakfast you need carbs to reverse the catabolic state you fall into from fasting while you sleep, and after training you need carbs to spike insulin levels to drive muscle growth and restock muscle glycogen (the storage form of carbs) that was depleted during the workout. Breakfast could be 2-3 whole eggs with 6-10 egg whites and a bowl of oatmeal, while your post-workout

meal should include protein and a fast-digesting carbohydrate, such as a potato, white bread or even sorbet. Meanwhile, low-carb meals the rest of the day could consist of something as simple as a whey protein shake, or you can eat 200-280g lean protein such as chicken, turkey, fish or extra lean beef along with some vegetables.

This way, you'll burn fat without sacrificing your ability to train hard, which is important if you expect to stay lean in the long run.

## NUTRITION MISTAKE #4 OVERESTIMATING CALORIE NEEDS

It doesn't take a master's degree in exercise science or physiology to know that if you expect to grow muscle, you'll need more calories. But if you make that your highest priority, you may end up looking more like Jack Black than jacked. It's not just about how many calories you eat – there are other important factors to consider in the growth formula, including meal frequency, protein intake and anti-catabolic supplements.

**FIX IT** While a high-calorie diet certainly supports growth, nothing is as effective as splitting your calories into six smaller meals so you're eating every 2½-3 hours. This maximises nutrient absorption and can suppress hormones such as cortisol that interfere with muscle growth.

The next important step is to eat adequate protein. How do we define adequate? Say it with us: at least 1 gram per 500g bodyweight per day. Protein mends damaged muscle fibres when calories are inadequate. When calories are high enough, protein goes towards growth and extra repair work. Just don't go overboard with calories – a safe bet is to strive for 18-22 calories per 500g bodyweight per day, with 30-45 percent of those calories coming from protein.

**ZERO ANYTHING IS DANGEROUS IN  
THE NUTRITION WORLD: ALL FADS  
SHOULD BE AVOIDED, PARTICULARLY  
BY ASPIRING BODYBUILDERS.**

Since your goal is to hold on to more muscle than you burn, you'll want to consider some anticatabolic helpers such as leucine, vitamin C and vitamin E. Five grams of the amino acid leucine taken before and after training can shut off muscle breakdown; 500-1000mg vitamin C and 400-800mg vitamin E act as a safety net, reducing free radical production that can cause muscular inflammation and slowed growth.



#### **NUTRITION MISTAKE #5** **SLACKING OFF ON PRE-WORKOUT NUTRITION**

**Muscle growth is a pretty simple equation. You lift weights to break down muscle fibres, and you rest and eat afterwards to repair and grow. As such, the post-workout meal is a vital part of gaining appreciable size. But recovery doesn't start the minute you leave the gym, especially when you're training 4-5 days a week.**

**FIX IT** When you work out hard and often, your body is in a constant state of repair, meaning you can't ignore the importance of the pre-workout meal. What you eat before training plays a monumental role in growth. A large meal eaten 1½-2 hours pre-workout causes a slew of hormonal changes that protect the muscles during the forthcoming training session. Start with maybe a small chicken breast and medium sweet potato, and build the portion size from there as your body adapts. That's step one of your pre-workout meal. Step two is to take 20g whey protein and 40g slow-burning carbs, such as oatmeal, fruit or whole grains, right beforehand.

#### **NUTRITION MISTAKE #6** **KEEPING YOUR PROTEIN INTAKE TOO STATIC**

**How much protein do you really need? One gram per 500g bodyweight is a nice start, yes, but it's a ballpark estimate that can fluctuate slightly from person to person and week to week. So while a structured plan is great for progress, don't lock yourself into a particular amount of this macronutrient every day.**

**FIX IT** Listen to your body and you'll be better off. Let us explain. After a harder-than-normal workout or one that included unfamiliar movements, you may find yourself particularly sore. While the exercise variables are certainly a factor, nutritionally this is a sign that you need to push your protein intake higher to match your level of soreness. In a desire to bring up a lagging body part, for example, you might hit it with far more sets than usual. The higher the volume, the higher your protein needs for repair. In this case, 1½g per 500g bodyweight per day is a good estimate, including at least 60g after workouts.

#### **NUTRITION MISTAKE #7** **NOT ENOUGH FOOD VARIETY**

There isn't any one food that can be considered best or better than another. Each food has an array of beneficial micronutrients that others may not have. Therefore, when you pigeonhole yourself to consuming only one food group – such as all chicken breasts – you magnify the micronutrient deficiency that is inherent in that food group. And not all foods are equally nutritious – even foods that are “good” for you probably don't contain all the nutrients you need.

**FIX IT** Take in a variety of clean, high-quality food sources such as poultry, beef, pork and fish, grains, legumes, seeds, fruits and vegetables. Try to avoid eating the same thing too often, which begets boredom anyway. And when you get bored, you're more likely to succumb to temptation.

Eating a wide variety of whole foods will ensure that your body is getting all the nutrients it needs to produce energy, build muscle and boost performance.

#### **NUTRITION MISTAKE #8** **NEGLECTING CALCIUM**

**During a fat-loss diet, people usually increase protein while decreasing carbs and fats. Prolonged high-protein/low-**





## “SUPPLEMENTS CAN HELP CARRY YOU OVER THE FINISH LINE WHEN YOUR WORKOUT AND DIET CAN’T GET YOU TO WHERE YOU WANT TO GO.”



carbohydrate diets without calcium supplementation can result in a negative calcium balance. This is because the body's acid-alkaline balance is now more acidic, thus calcium is leached from your bones. In addition, this can lead to kidney stones.

You might also think that osteoporosis is something that only affects women, but almost a quarter of all people with osteoporosis are men, according to Osteoporosis Australia.

### **FIX IT** It's

recommended men get 1000mg up to a maximum of 2500mg calcium per day. Your best sources are dairy products, but leafy

green vegies and soy and tofu are also good sources. Canned sardines also contain bones rich in calcium.

Don't forget your vitamin D, which helps your body absorb calcium. Good sources include egg yolks and fatty fish like salmon and tuna. You can also get vitamin D through sun exposure, but don't overdo it, and stay out of the sun during the hottest parts of the day.

### **NUTRITION MISTAKE #9** **RELYING TOO MUCH ON SUPPLEMENTS**

Beginners always ask which supplements they should take. Then you find out they ate a

pizza last night... and the night before... and the night before. Basically, supplements are useless against a bad diet.

**FIX IT** Make sure you have a solid diet of lean meats, vegies, whole grains and a lot of water before you start thinking about muscle gainers, pre-workouts, amino acids and creatine. The food you eat impacts your physique far more than an expensive cocktail of powders.

However, some supplementation can help. "Supplements can help carry you over the finish line when your workout and diet can't get you to where you want to go," says personal trainer Lisa Lynn, a specialist in metabolic disorders and author of *The Metabolism Solution*.

And along with accentuating strength gains and weight loss from your hard work inside of the gym, some supps can also provide additional benefits like increased energy, an enhanced mood and an overall healthier appearance.

### **NUTRITION MISTAKE #10** **CHEATING ALL WRONG**

Cheating is fine, but you still need to cheat correctly. During a calorie deficit, your leptin level drops, which is a hormone that controls weight loss and defends against starvation. Low leptin not only makes it harder to lose weight, but can also lead to more fat gain - to restore your leptin, you need an occasional high-carb meal.

**FIX IT** Instead of being at the mercy of your will power, know when to have a cheat meal. It only takes 72 hours for changes to occur with your hunger hormones - low energy and a slower metabolism. You should be consuming a cheat meal at least once every two weeks, and the cheat meal should be higher in calories and carbs. A cheat meal will refuel your hunger hormones, which will also boost your metabolism. The increase in metabolism will last for

a few days post-cheat meal. And to make a cheat meal really work, be smart with what you eat. Just because it's a cheat meal doesn't mean you should overindulge; instead of going for the sweets, opt for high-protein pasta or chicken and cheese pizza. The key phrase here is "high-carb", not "high-fat". Binging on carb-heavy, high-fat foods will send nutrients to the fat cells and ruin your progress.

### **NUTRITION MISTAKE #11** **NOT TRACKING WHAT YOU EAT**

If you don't track what you eat, you're hurting your fat loss. Food journals reveal exactly what's going into your body and what you need to change to improve things. It'll also increase awareness to help you stay accountable and make better food choices. Researchers from the University of Pittsburgh found that "all of the 15 studies that focused on dietary self-monitoring found significant associations between self-monitoring and weight loss." Plus, a study published in the *American Journal of Preventive Medicine* found that people keeping a food diary six days a week lost about twice as much weight as those who kept food records one day a week or less.

**FIX IT** Write down what you eat and drink as soon as you can, including serving sizes, before you forget. You should also take note of what you were doing while you ate - watching TV, driving, etc. Also note how you were feeling when you ate - tired, bored, angry.

If writing in a journal is too tedious or time-consuming, take pictures with your smartphone and start a photo journal. Then review your food choices at the end of each week and see if you can see patterns emerging.



### **NUTRITION** **MISTAKE #12** **EATING** **"HEALTHY"** **FOODS THAT** **AREN'T HEALTHY**

Not all "healthy" foods are healthy - many use clever marketing tactics to get you to buy them. Things like "healthy" breakfast cereals can push as much sugar as a chocolate bar and some varieties of fruit juices have more calories and sugar than a can of soft drink. Also, many low-calorie options are filled with artificial sweeteners and oils to give them flavour and a natural texture, which could lead to numerous health problems.


**FIX IT** Here's a secret in the food industry: many healthy foods are no better than their alternatives. Some have little nutritional value, some actually contain harmful chemicals, and some even pose as "healthy" when they're downright bad for you. Go beyond the labels and scrutinise the ingredients.

Breads labelled as "whole wheat" or "whole grain," for example, can pack as much as 70 percent refined flour. But because it includes some whole grains, it can advertise itself as the real deal.

Challenge the myths. You don't need fat-free or cholesterol-free options because, in its unprocessed form, fat doesn't make you fat and cholesterol doesn't clog your arteries. Even with fortification, cereals aren't as healthy as whole foods. And many protein bars are candy bars in disguise. They're filled with sugar and include trans fats and artificial sweeteners. While the protein content is commendable, there's just too much extra. **M&F**







Chocolate may help repair muscle and increase the use of fat for fuel during exercise.

# Antioxidants and exercise

Green tea? Vitamin C? Zinc? Sports nutrition expert **MARK GILBERT** reviews which antioxidants are best for hard trainers.

## WHEN WE HEAR THE WORD

"antioxidant" we usually think of health benefits. It suggests reduced damage from heavy training and better recovery and performance. But viewing a whole category of molecules that has the potential to act as antioxidants as the same is way too simplistic. There are thousands of molecules that can have antioxidant effects, the best-known being vitamins C and E and minerals such as zinc and selenium, as well as others such as glutathione, NAC, lipoic acid and various polyphenols and flavonoids/flavanoids. Most of them act differently and in certain

circumstances can actually have damaging effects and impair desirable adaptations to exercise, which is why I want to challenge some of the simplistic notions about antioxidants, as well as address which ones to use – and avoid. I've reviewed hundreds of studies on antioxidants and exercise and, for the purposes of this article, I've looked mainly at human studies, rather than studies in animals or in test tubes (in vitro).

## What are antioxidants?

Antioxidants are best defined as molecules that stabilise free radicals. Put simply, free radicals are molecules

with unpaired electrons. Electrons do not like being single and this makes them particularly reactive with other molecules. This can lead to chain reactions that create more damaging free radicals. For instance, the plaque that forms in arteries and causes heart attacks and other vascular disease is caused by oxidation of LDL cholesterol. Free radicals can also damage DNA, which can cause cell dysfunction and even lead to cancer.

The browning of an apple, rusting of metal, tarnishing of silver and copper and burning wood are all examples of oxidation caused by free radicals. Much of the damage that occurs in

muscles from lifting weights is caused by oxidation. The right dose of the right antioxidant in the right circumstances can sometimes prevent this kind of damage. But it's not that simple. What many people don't understand is that oxidation and free radical production are not only unavoidable but also that it's not desirable to shut it down completely even if we could. Eating, breathing and exposure to the sun all cause the formation of free radicals that cause essential chemical reactions that drive our metabolisms. Indeed, nitric oxide is a free radical that is required for blood vessels to dilate and is essential for health, exercise, performance and hormone metabolism. Also, using the wrong antioxidant in the wrong circumstances can actually increase oxidation by acting as a pro-oxidant and lead to damage.

### Antioxidants and exercise

Because of the large increase in metabolic activity and oxygen use during exercise, free radical production is increased exponentially. Some evidence suggests that even though the body reacts by increasing its natural endogenous (self produced) antioxidant activity, intense exercise seems to overwhelm the body's ability to stabilise all of the free radicals, leading to tissue damage, reduced strength and DOMS (delayed-onset muscle soreness). This led to the theory that taking antioxidants either regularly or before exercise would decrease damage and improve recovery and; therefore, performance. But it actually depends on several factors, so let's try and nail down when antioxidants can be helpful and when they aren't.

## Much of the damage that occurs in muscles from lifting weights is caused by oxidation.

### Vitamins C & E

Probably because they are amongst the best-known antioxidants, vitamins C and E have the most research investigating their effects on exercise and the evidence does not appear to support large dosages. Researchers from Germany and Harvard University, US, gave subjects 1000mg of vitamin C and 400 IU of vitamin E daily for four weeks while they were lifting weights and doing cardio five days a week. They found the vitamins seemed to block multiple positive changes that occur with exercise. Of most concern, insulin function and the body's antioxidant capacity didn't improve as expected. This suggests that when

the body gets an outside source of antioxidants, it doesn't feel the need to improve its own natural ability to combat free radicals.

Two studies by Norwegian and US scientists reinforce this. They put subjects on a weight-training programme and gave half of them large dosages of vitamin C and E. They found muscle building activity and some measures of strength were inferior in this group. However, other studies have demonstrated improved clinical markers and shown trends in performance improvement by supplementing vitamin C. This effect was strongest in those who had the lowest baseline blood levels of



Green tea increases performance while decreasing protein and fat oxidation that are associated with damage and disease.



vitamin C. Also, these vitamin E studies used alpha tocopherol and not full-spectrum, natural vitamin E (mixed tocopherols).

### Other vitamin and mineral antioxidants

Studies have shown beta carotene supplementation is associated with increased cancer rates in smokers. A Finnish study showed that, in combination with vitamin E, beta carotene increased the incidence of colds in exercising men. Studies on selenium and zinc have failed to demonstrate any antioxidant-related benefits in exercising subjects.

### Green tea, berries and chocolate

The other main classes of antioxidants that have been studied in relation to exercise are the polyphenols and other phytochemicals like flavonoids and flavanols. The main sources of these molecules are green tea, berries and chocolate, all of which have been linked to improved exercise performance.

In the four best green tea studies I could find, daily intake of about 500mg green tea polyphenols resulted in improvements in performance but also decreases in markers of protein and fat oxidation that are associated with damage and disease.

Green tea was shown to increase fat burning during exercise and cause fat loss and improved insulin sensitivity. Some confirmation of these results can be found in animal studies, which demonstrated decreased muscle damage, oxidation, and inflammation and improved recovery.

The next most prominent non-vitamin/mineral antioxidant category is berries. Much recent research has focused on the benefits of these so-called superfoods. Results from studies on blueberries, grapes, cherries and pomegranates show decreases in inflammation, various markers of oxidative damage and actual muscle damage. They also show protection against loss of muscle strength and function and/or more rapid recovery of strength after resistance training. Strangely resveratrol, which is found in grapes, blueberries and other berries if anything seems to reduce the positive training effects of exercise. In one study, subjects on a high intensity interval training protocol didn't obtain peak aerobic or muscle power when given resveratrol compared to the placebo group. Finally, the flavonol quercetin may have beneficial effects on exercise performance but it has no well-established effects as an antioxidant.

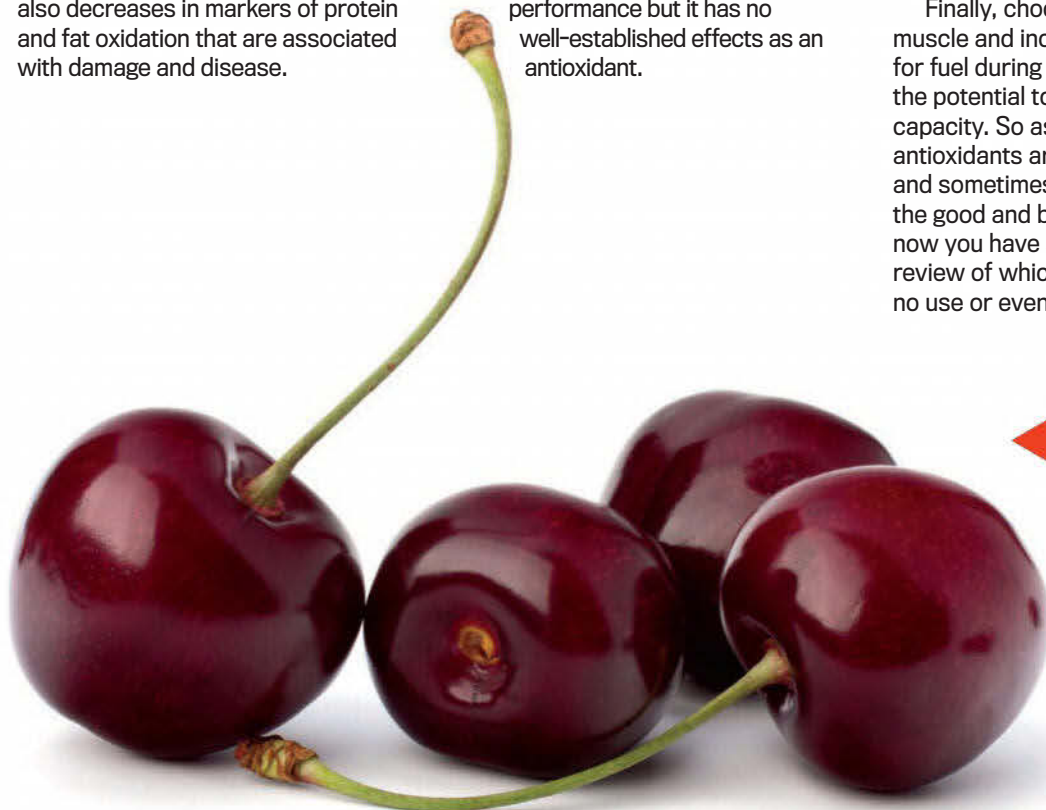
### Conclusion

Consuming high dosages of vitamin C and alpha tocopherol vitamin E is probably not a good idea. Unless you're a serious athlete used to high dosages, stick to a moderate intake of 200 mg, once or twice daily. The same applies to vitamin E (alpha tocopherol), which you probably shouldn't supplement at all. Research on mixed tocopherols is not available, but if you don't eat enough healthy fats in your diet, tocotrienols or healthy fats are probably a good supplement choice. Ditch beta carotene and just eat a variety of vegetables.

Zinc and selenium are important minerals and most people who exercise could benefit from supplementing with them but more for general health than any exercises-related benefits. Of all the antioxidants considered here, the two big stars are green tea and berries. Green tea not only has beneficial antioxidant effects but also helps burn body fat and increase performance. Drink it often or take a green tea extract supplement. Blueberries, grapes and cherries (and/or their extracts) appear to be particularly good exercise antioxidants but more research is needed before we can firmly crown any champions.

Finally, chocolate may help repair muscle and increase the use of fat for fuel during exercise. It also has the potential to increase exercise capacity. So as you can see, antioxidants are indeed complicated and sometimes it's not easy to spot the good and bad guys but at least now you have an up-to-the-minute review of which may be beneficial, no use or even harmful. **M&F**

Results from studies on cherries show decreases in inflammation, various markers of oxidative damage, and actual muscle damage.



# JesExtender.com.au

Fully Australian Approved Male Enhancement

## Australia's #1 Male Enhancement Product



**GUARANTEED RESULTS OR  
DOUBLE YOUR MONEY BACK!**

**Penis Enlargement • Curvature Correction  
Erection Quality Improvement**



Jes Extender Gold



### STANDARD

The original standard comfort package used in clinical studies and trials. Average results are a permanent increase in penis

length by approx 30% or up to 8cm and 20% in girth (thickness) within 4 months. Fits penis sizes 2 to 8 inches.

2 year warranty.

**RRP: \$499.95**

**PROMO PRICE: \$329.95**  
Plus Postage & Handling



### TITANIUM

Jes Extender Titanium is our most popular and an upgrade on the standard comfort package and includes extra lengthening

rods for bigger results plus a very stylish and secure aluminium storage case. Fits penis sizes 2 to 10 inches.

3 year warranty.

**RRP: \$599.95**

**PROMO PRICE: \$379.95**  
includes express post



### GOLD ULTIMATE

Jes Extender Gold is the Ultimate penis enlargement package. With 24K Gold coated parts, it's hand-made to precise specifications ensuring the highest quality and best performance. Includes a

high quality mahogany storage case and 5 extra components for the most comfort and biggest results. Suitable to wear while sleeping. Fits penis sizes 2 to 10 inches.

Lifetime warranty.

**RRP: \$699.95**

**PROMO PRICE: \$499.95**  
includes express post

### DOES JES EXTENDER REALLY WORK?

**YES.** All packages have a full 6 month **DOUBLE** money back guarantee. With only two fully certified and approved methods of penis enlargement in Australia the choice is easy.

**First option:** Jes Extender - Australian approval ID: 197042.

**Second option:** surgery, which can cost more than \$8000.

Jes Extender triggers new growth with each minute it's used and can be worn under normal clothing, while doing light activities and in the privacy of your own home. Growth is based on scientific evidence and clinical trials have

proven Jes Extender useful for; penis enlargement, penis curvature correction, erection quality improvement and peyronie's disease treatment. Suitable for men of all ages. All results are safe and permanent. Minimum

**6 Month -  
DOUBLE  
MONEY BACK  
GUARANTEE**

Average Expected Growth



use recommendation 1 hr per week. Local after sales support included. Payment plans available. All packages include

full written and DVD instructions. Orders received usually arrive in 1 - 2 days.

- ☐ Standard Package \$329.95 + \$14.95 P&H  
☐ Titanium Package \$379.95  
☐ Gold Ultimate \$499.95.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_

☐ Send direct to my nearest post office & text me on arrival

Phone: \_\_\_\_\_

#### PAYMENT DETAILS

Please charge my: ☐ Visa ☐ Visa Debit ☐ Mastercard

Card No: \_\_\_\_\_

Expiry date \_\_\_\_\_ CVV# (3 digits on back of card): \_\_\_\_\_

Cardholder name \_\_\_\_\_

Cardholder signature \_\_\_\_\_

**All orders billed & posted 100% discreetly**

#### ORDER ONLINE OR SEND COMPLETED FORM TO:

Jes Extender  
SE 1308  
109 Pitt St  
Sydney, NSW, 2000

**JesExtender.com.au**

We'd like to offer *Muscle & Fitness* readers a further 10% discount by entering the code: [JesExtender.com.au/MFPromo](http://JesExtender.com.au/MFPromo)



# The WEIGHT *of* EXPECTATION

Aussie Olympic Games hopeful **Simplice Ribouem** muscles in on the competition.

BY DAVID ROBSON

**C**ameroonian asylum seeker turned Australian Olympic Games hopeful Simplic Ribouem has a condition that many a prospective bodybuilding champion would give their left biceps to be encumbered with. Yet is it a condition that is, for Ribouem, so serious that it has threatened to derail the exponential success the 33-year-old 2010 Commonwealth Games Gold Medallist has experienced since beginning his competitive weightlifting career at age 17.

"I grow muscle too fast," says the Victorian-based lifting machine. "I think this is probably genetic. In three months, with the right training, I can be bigger than most bodybuilders. But I must avoid this. Too much muscle can cost you in weightlifting." For Ribouem, strength, not muscle, is

the number one training priority. His weightlifting-specific workouts, which seldom venture beyond four reps per set, are technique-focused and conducive only to maximising lifting efficiency and brute strength. However, the former under-85kg-class-lifter has failed to conquer nature and the muscle has kept on coming. Following his 2010 Commonwealth Games triumph, Ribouem was assessed as being too lean and muscular, as having the kind of conditioning that can be draining and potentially injurious when hoisting massive weights (a weightlifter's body needs a little fat to pad the joints and provide additional energy). With five percent body fat and a fast-twitch-fibre-packed bodybuilder's physique he was advised to de-shred. Now competing at a softer, though no less muscular 92kgs, Ribouem is poised for a podium-finish at the 2016 Rio

Olympics, an event for which he is currently training full-time.

To witness Ribouem achieving his sporting dreams, with the hopes of his fellow Australians buoying him on to success after success, it's hard to imagine the desperate circumstances that – particularly early in his career – fuelled his insatiable drive to conquer the iron.

"I try not to remember my childhood in Cameroon," says Ribouem. "It was very, very hard. And for the athlete it was impossible to get the assistance and the right foods to compete at the top level in any sport. But I was always naturally strong, mentally and physically, and was determined to do well in all of my competitive disciplines."

As a child, Ribouem excelled in judo, soccer and boxing. He dreamed of becoming an elite athlete in each. His mother,







Ribouem won silver at the 2014 Commonwealth Games in Glasgow.

## “IF YOU DON’T LOVE WHAT YOU DO, YOU WON’T HAVE THE MOTIVATION TO WAKE UP AND GO TO TRAINING.”

however, had other ideas and urged him to try a safer, less bloody sport. His father suggested weightlifting.

“When I first began weightlifting [at age 12] I had a little body and was very skinny,” says Ribouem. “I could barely lift 20 kilos. So I focused on bodybuilding for six months to build my body up. Then I was really huge. I went back to weightlifting and was much stronger.”

By the time he placed third in his first event – the African Championships – at the age of 17, Ribouem was addicted to the feeling of strength and savoured each and every battle with the heavy bar. He continued training hard, and he started winning contests. In 2006 he contested

the Melbourne Commonwealth Games, representing his African nation of Cameroon.

Winning bronze, Ribouem made a decision that would forever change the trajectory of his weightlifting rise. Knowing his weightlifting career would be in doubt back in Cameroon due to the sporting infrastructure at the time, and feeling he would be wasting his undoubted potential should he return to his homeland, he decided to stay put. After receiving the blessing of his Christian pastor father and his coach, Ribouem – unable to speak a word of English and without a cent to his name – began a new life in Australia. His move, assisted by the Australian Red Cross, was a fruitful one. A succession of victories – including two Australian National titles in 2007 and 2009 – led Ribouem to international success at the 2010

Delhi Commonwealth Games, this time representing Australia. This fostered Olympic Games aspirations – though he qualified for the 2012 London Olympics, a snapped elbow forced him to withdraw from this event. Now he has his sights on Rio and feels that nothing – not even the genetics of a bodybuilder – can stand in his way.

### MAN OR BEAST?

Ribouem’s love affair with the iron has continued to grow with each bone-crunching, earth-jarring workout. “I love lifting weights and challenging myself in the gym with different exercises,” he enthuses. “If you don’t love what you do, you won’t have the motivation to wake

up and go to training. You have to expect different results and seek different challenges in the gym. Always be willing to learn more and work smarter. To succeed in this sport you need to have a goal at all times and you need to build confidence slowly. You cannot rush the process.”

For Ribouem, weightlifting is a unique challenge that he says differs widely from his former sports. To overcome the imposing challenge of a near-200kg bar – Ribouem clean and jerked 196kg at the 2014 Glasgow Commonwealth Games – he believes a lifter must become a superhuman version of his former self – “a beast”. He urges aspiring lifters not to make friends with the bar, but rather, to treat it as an enemy to be ripped from the ground and hoisted skyward in a frenzy of explosive yet controlled energy.

“Weight lifting is challenging because you have to compete not just against other people but against the massive weight on the bar and your own bodyweight,” he says. “Your physical and mental performance on the day must also be better than ever. There is a lot of pressure. It is not like boxing someone and putting them on the floor. It is you against the weight. The weight wants to stick to the floor and you have to be mentally and physically prepared to lift it.”

Besides steadily improving his own performance, Ribouem is passionate about helping other lifters become stronger. “I really love to spend time at Doherty’s Gym [in Melbourne] watching people train and fixing their technique,” he says. “For example, a lot of people are afraid to do proper squats with a bar. Instead, they will lie down on the leg press. But they are only getting half the results this way. So I help them to achieve proper squatting technique, and with deadlifts and other big lifts as well. Everybody

wants to be a powerlifter, or whatever, but they don't have the right technique and technique is the key to everything."

## ROAD TO NO. 1

To go from average to unstoppable in the world of weightlifting takes many sacrifices. Ribouem is dedicated to becoming Australia's number one weightlifter and is willing to do whatever it takes to achieve this mission. He believes that to become a champion takes a multifaceted approach: mental, physical and lifestyle factors must all be addressed.

"To get to the top level you have to cut out so many things," says the former refugee. "You have to be disciplined first of all with food. You have to know exactly what to put inside your body. And you have to eliminate stress from your life. Some people smoke and drink but the top athletes have to cut these things out.

"I tried smoking once; the first cigarette I put in my mouth knocked me on the floor. I fell down and was extremely dizzy. My body was telling me, don't do that."

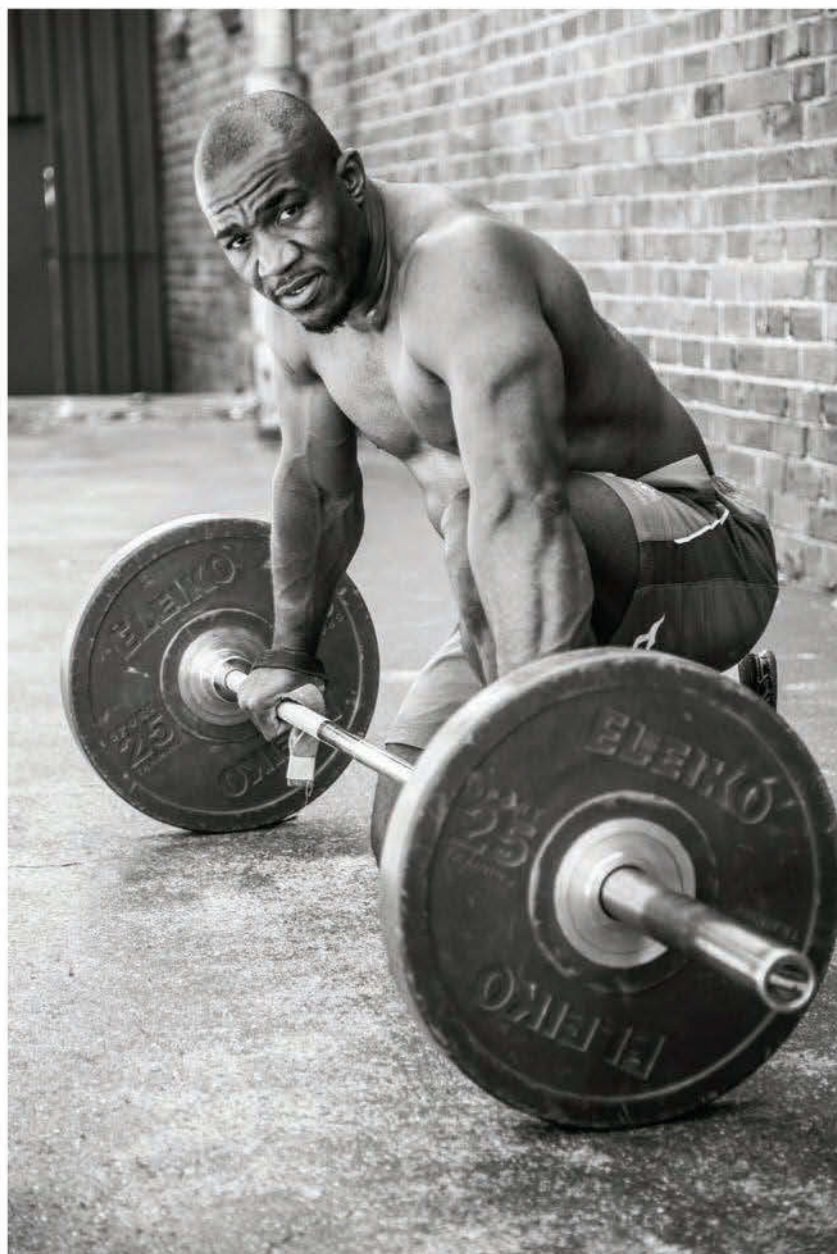
Ribouem believes the most important determinant of his success has been a willingness to listen to his body at all times.

"If your body is sore and stiff you might need to take time off training and get a massage. Injury prevention is all-important. To be 100 percent you have to be healthy."

For Ribouem, negativity of any kind is also completely banished. "For me there is no 'I can't do this or that,'" he says. "No, you have to be positive. You have to remember you have been there before, that you have lifted at the highest level and succeeded."

## LEGEND IN THE MAKING

Reflecting on his remarkable rise to weightlifting prominence, Ribouem is extremely thankful to be classed among the world's



best weightlifters. The heart-wrenching decision to leave his home country of Cameroon in the manner that he did to begin a new life on foreign soil, guided by hopes of a better future for himself and his family, has gifted Australia a sporting legend in the making and a legitimate medal hope for the 2016 Rio Olympics.

The weight of expectation must be immense. Ribouem, however, takes the pressure of competing at the highest level one lift at a time. Nothing much seems to faze

the muscular champ. In fact, his biggest concern remains how to control the muscle growth that has, in part, contributed to his meteoric success.

"I must keep my reps down and control my protein intake," laughs the proud Australian. "If I stopped weightlifting it would be really easy for me to become a bodybuilder. I would consider being a bodybuilder but would probably freak out because I would be lucky to find clothes big enough to fit." **M&F**



# SUPPS

THIS MONTH IN SUPPLEMENT NEWS

## SUPP THIS

You can add turmeric to food, but to make sure you're getting an efficacious dose, find a supp that offers 500mg.

## In praise of turmeric

Add this powerful herb to your supp regimen.

BY ADAM GONZALEZ

### WHILE CURCUMIN AND

turmeric are often treated as two different herbs, curcumin is a compound found within turmeric, making them intimately related. The turmeric plant, known as *Curcuma longa*, is native to India, and the root is used as one of the key ingredients in

curry. In the past, curcumin was used to treat smallpox; today it's often used to reduce pain and inflammation. While more research is needed, it may also help fight cancerous tumours, prevent body-fat accumulation and regulate blood sugar.

Perhaps most interesting for

fitness enthusiasts: 1) Curcumin may **boost the anabolic effect of insulin** by increasing insulin sensitivity and, 2) it may help **increase testosterone levels by preventing T's conversion to DHT**, which carries unwanted side effects like gynaecomastia and hair loss. Curcumin may also protect testicular function and may help reduce oestrogen levels.

### GET GROWING

You can directly consume the turmeric root, slicing it thin and adding it to foods like ginger, and absorption of curcumin may be enhanced significantly when consumed with black pepper. The most effective way to get the full benefit of curcumin is to take it as a supplement. Look for supps that provide about 500mg of curcumin. Many of these also add black pepper fruit extract for better absorption.

BURWELL & BURWELL/GETTY IMAGES



## ALL-IN-ONE BPI SPORTS PUMP-HD

Pump-HD contains potent ingredients to provide you with optimal focus, energy and pump. It combines cordyceps, green tea catechin, quercetin, Rhodiola and *Echinacea purpurea* to provide oxygen balance and allow for maximal strength output and sleeve-busting pumps.



## WHAT'S INSIDE 4 KEY FACTORS

### CITRULLINE SILICATE

This amino acid complex supports elevated nitric oxide levels and may also prevent ammonia formation in the muscle, leading to lowered fatigue.

### GLYCEROL

Helps control the fluid balance within the body by drawing water into the muscles. This helps you achieve muscle fullness and maximal hydration.

### CYCLOCREATINE PCR

This newer form of creatine is designed to ensure a steadier supply, which results in improved intensity and recovery.

### ANDROGRAPHIS

Andrographis parents a bioactive molecule called andrographolide, which in turn may increase the levels of nitric oxide in the bloodstream.

# Get pumped

BPI's Pump-HD is a universally trusted pre-workout for good reason. **BY RAZVAN RADU**

**WHEN LOOKING FOR A** pre-workout to fuel your time in the gym, you want to look for a supplement that provides not only energy but also proven ingredients to help improve your athletic performance and give you a tangible boost in strength.

Taking a deeper look into what exactly can make or break athletic performance in the gym, we can find that the main contributor to performance is your body's ability to utilise maximal oxygen

uptake. By doing this you're allowing for optimal endurance and strength output. Ingredients in our supp of the month - including cordyceps, green tea catechin, quercetin, Rhodiola and *Echinacea purpurea* - work in unison to support erythropoietin levels, which are responsible for the upkeep of elevated oxygen levels. Listed to the right are four other key ingredients in Pump-HD that will further improve energy levels and performance.





# Perfect timing

The right supplements can maximise your growth window. **BY RAZVAN RADU**

**THE WINDOW OF** opportunity to start building muscle opens the moment your workout is done – and can make or break your time the gym. Try this stack to optimise that window.

■ **Probiotic-SR** By combining casein, whey and soy protein, Probiotic-SR is able to deliver a continuous stream of protein straight to the muscle to keep you in an anabolic state. The blend of different proteins provides you with a protein quality seven times more anabolic than regular whey. It has 20 grams of protein in every scoop and offers controlled delivery for 12 full hours.

■ **Dark Matter** This product helps restore glycogen with the aid of different saccharides and insulin amplifiers, aids protein synthesis with a 10:1:1 leucine-rich BCAA blend, and can replenish creatine depleted by hard training sessions.

■ **Dark Matter Zero Carb Concentrate** MHP also developed a Dark Matter formula with zero carbs, which includes the protein synthesis complex and the creatine restoration for athletes looking to recover while on a lower-carb diet. In other words, it contains everything you need to build muscle but stay lean.

## THE MHP STACK

For best results, take one scoop Dark Matter (or Dark Matter Zero Carb) and one scoop of Probiotic-SR separately post-workout. Probiotic-SR will fulfill your protein needs and Dark Matter will replenish nutrients to get you back in the gym fully recovered.



# SUBSCRIBE TODAY AND SCORE A COMPLETE MUSCLE & FITNESS TRAINING SYSTEM 5 DVD SET



**WORTH  
\$109**  
RRP

## SUBSCRIBE NOW



**02 9439 1955**



**www.muscle-fitness.com.au**



Please send to **Muscle & Fitness**,  
PO Box 81, St Leonards NSW 1590  
or fax it to 02 9439 1977 or email to  
[subs@paragonmedia.com.au](mailto:subs@paragonmedia.com.au)

# MUSCLE & FITNESS

## SUBSCRIBE TODAY YOUR MAGAZINE CHOICE

- ☐ I would like to subscribe to *Muscle & Fitness* for \$140 for 24 months and receive a FREE COMPLETE M&F TRAINING SYSTEM - 5 DVD SET.
- ☐ I would like to subscribe to *Muscle & Fitness* for \$79 for 12 months and receive a FREE COMPLETE M&F TRAINING SYSTEM - 5 DVD SET.

### YOUR DETAILS

Mr/Mrs/Ms: First name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

State: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

### PAYMENT

Please ☒ ☐ Mastercard ☐ Visa ☐ Cheque/Money order

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiry date: \_\_\_\_\_

Cardholder's name: \_\_\_\_\_

Signature: \_\_\_\_\_



\*Offer is available while stocks last. It is available to new subscribers or to existing subscribers renewing their subscription. Open to Australian and New Zealand residents only. Your information is used primarily to fulfil your subscription, but may also be used for other *Muscle & Fitness* promotions. If you don't want to receive any information about other Paragon Media promotions or offers, please tick here ☐. This form is a Tax Invoice upon payment. ABN 49 097 087 860. M0216

Order online

# WWW.MUSCLE-FITNESS.COM.AU





## ICE WHEY

HORLEYS

Specifically engineered anabolic drive WPI protein for supporting muscle recovery and growth. Saturated with high levels of intact BCAA's and anti-catabolic glutamine precursors. Want unsurpassed purity and fast absorption? ICE Whey, made with premium quality NZ whey from grass fed cows, sets the benchmark.

No cheap aminos, no fillers, minimal additives, true-to-label.

[horleys.com](http://horleys.com)



## HAVOC

HORLEYS

HAVOC Pre-Workout Formula is designed to help you override your limits in the gym with four nitric oxide stimulants including GPLC and agmatine. Stacked with creatine for power, HAVOC also contains beta alanine to extend your fatigue threshold and rhodiola, caffeine and tyrosine to sharpen your focus. Just add one 10g serving of HAVOC to 200ml cold water, stir and drink immediately.

[horleys.com](http://horleys.com)



## PROTEIN PANCAKE

SCITEC

It's time to start thinking of pancakes as part of your fitness diet. These pancakes contain 30 percent of quality protein from multiple popular sources. Support your muscles with faster and slower absorbing proteins in a very pleasant way – who doesn't love pancakes for breakfast? Super easy to prepare – simply mix 1 scoop of Protein Pancake with half a scoop of skim milk or water, mix and cook!

[scitecnutrition.com](http://scitecnutrition.com)



## TRIBU-TEST

CHEMIST WAREHOUSE, DISCOUNT VITAMIN WAREHOUSE AND MY CHEMIST

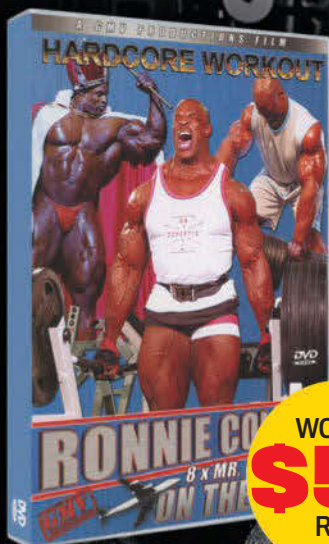
Tribu-Test is a high potency herbal tonic to invigorate physical performance in cases of physical stress. It supports mental capacity and the promotion of normal glucose levels in healthy individuals. Benefits: helps support physical performance. Fortifying in times of fatigue. May assist stamina and endurance. Balances hormones level.

Nutrition: 10g Tribulus Terrestris per capsule

[chemistwarehouse.com.au](http://chemistwarehouse.com.au)

# FREE

FOR ALL NEW  
AND RENEWING  
**FLEX**  
SUBSCRIBERS



WORTH  
**\$50**  
RRP

Subscribe to FLEX  
and get RONNIE COLEMAN'S  
'On the Road' DVD

## WHY SUBSCRIBE?

Visit: [www.flexonline.com.au](http://www.flexonline.com.au)

- ✓ The world's number 1 hardcore bodybuilding magazine
- ✓ Free Ronnie Coleman's 'On The Road' DVD - worth \$50
- ✓ Delivered to your door
- ✓ Never miss an issue
- ✓ Save over 15% on newstand price
- ✓ Get your issue before it hits the shop

## SUBSCRIBE TODAY

### YOUR MAGAZINE CHOICE

- ☐ I would like to subscribe to *Flex* for \$45 for 12 months and receive a FREE RONNIE COLEMAN'S 'ON THE ROAD' DVD.
- ☐ I would like to subscribe to *Flex* for \$85 for 24 months and receive a FREE RONNIE COLEMAN'S 'ON THE ROAD' DVD.

### YOUR DETAILS

Mr/Mrs/Ms: First name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

State: \_\_\_\_\_

Phone: (       ) \_\_\_\_\_

Email: \_\_\_\_\_

### PAYMENT

Please ☒ ☐ Mastercard ☐ Visa ☐ Cheque/Money order

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiry date: \_\_\_\_\_ / \_\_\_\_\_

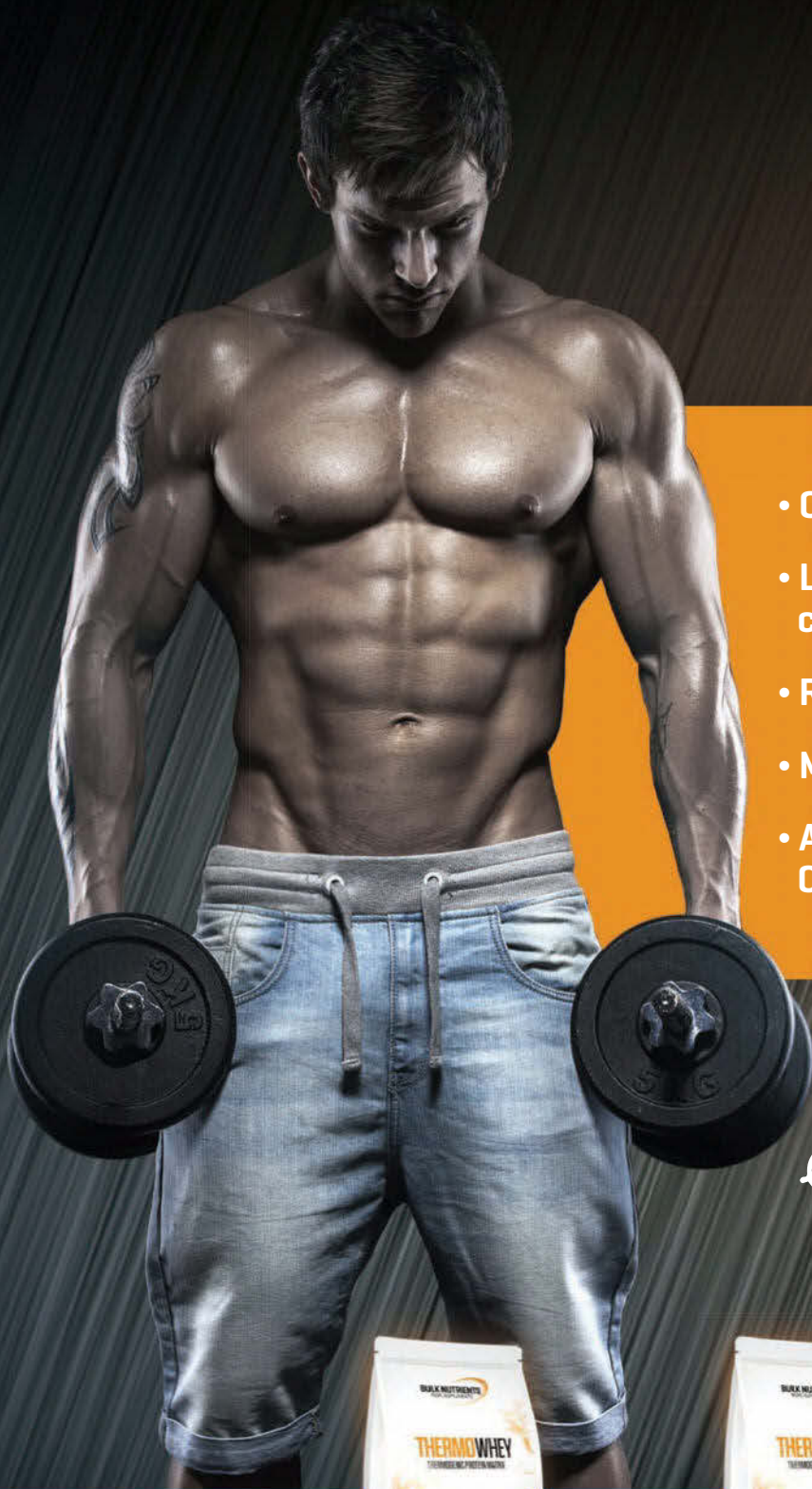
Cardholder's name: \_\_\_\_\_

Signature: \_\_\_\_\_

\*Offer is available while stocks last. It is available to new subscribers or to existing subscribers renewing their subscription. Open to Australian and New Zealand residents only. Your information is used primarily to fulfil your subscription, but may also be used for other Flex promotions. If you don't want to receive any information about other Paragon Media promotions or offers, please tick here ☐. This form is a Tax Invoice upon payment. ABN 49 097 087 860.

F0116





- Over 85% Whey Protein Isolate
- Less than 1 gram of fats & carbs in every serve
- Reduces food cravings
- Maintains lean muscle
- Available in Chocolate, Vanilla, Cookies & Cream & Strawberry

Mix and match  
flavours when you  
buy 1kg or more!



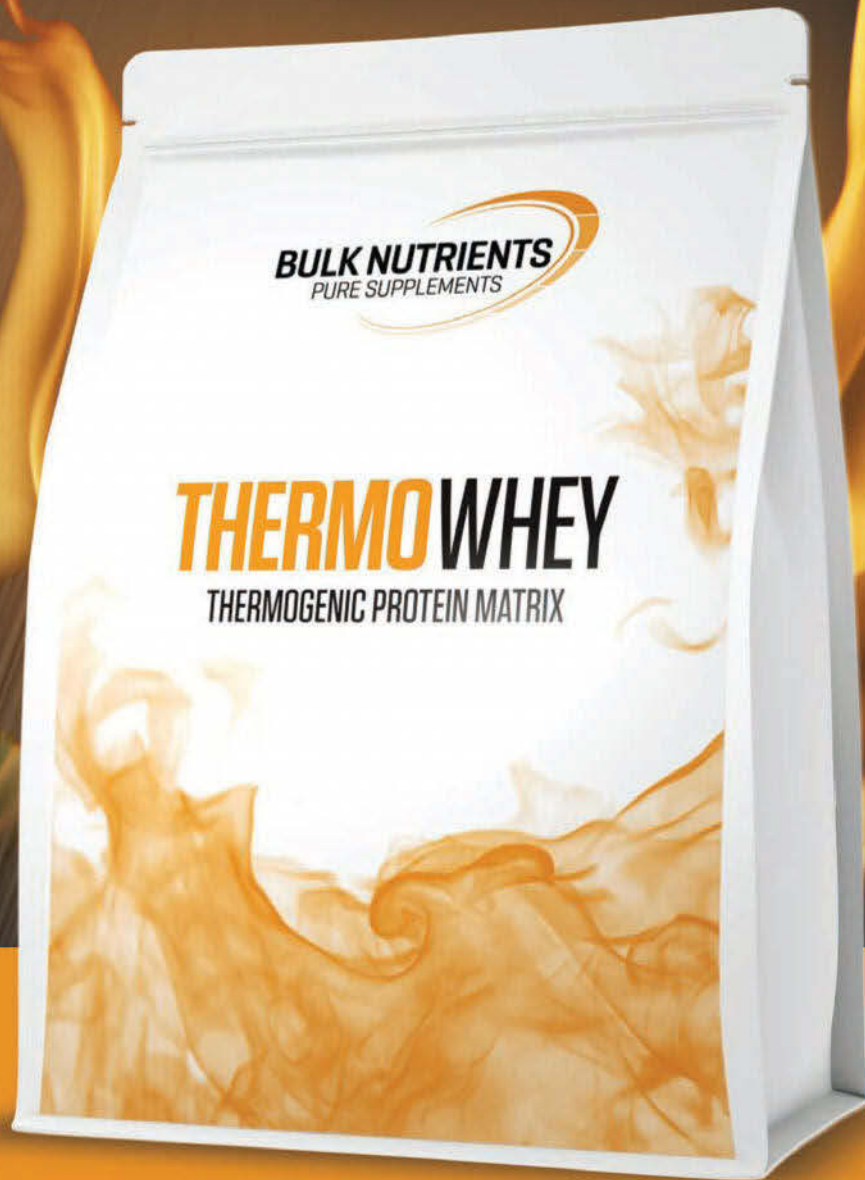
**1KG FOR \$39**  
\$1.18 per serve!



**5KG FOR \$165**  
Just \$1.00 per serve!

**REQUEST A FREE SAMPLE FROM [BULK.LI/SAMPLES](http://BULK.LI/SAMPLES)**

**KICK START  
YOUR NEW YEARS  
GOALS WITH  
THERMOWHEY!**



 /BULKNUTRIENTS

 /BULKNUTRIENTS

 /BULKNUTRIENTS





RENU 28™

ONE STEP TO  
***better skin***

It's not like guys don't care about their skin. But if it's not quick and easy, forget it, right?



If your skincare entails letting the shampoo suds run over your face and calling it good, you'll be glad to know that applying a little RENU 28 after your shower is just about as easy, and what you get in return for those few extra seconds—vibrant, younger-looking skin—makes it worth the “effort.”

Go to [aseaglobal.com.au](http://aseaglobal.com.au) to find out what redox signalling technology can do for your skin.

RENU 28 contains redox signaling molecules and has been clinically proven to reduce the appearance of wrinkles, improve skin texture, and increase elasticity and moisture.

Shampoo suds can't do that.

ASEA™